

## What to expect after?

In most cases, patients will be discharged from the office or clinic the same day of treatment.<sup>3</sup> Some women may feel abdominal cramping for a day or so following the procedure.<sup>3</sup> Your doctor may recommend an analgesic to alleviate this. After the treatment you may also experience vaginal bleeding and discharge, which is a normal part of the healing process of your uterus.<sup>3</sup> If you have any concerns, please contact your medical professional.

## Frequently asked questions:

### Is balloon ablation effective?

In recent studies, women treated with the LiNA Librata™ reported high satisfaction rates with the procedure, a significant reduction in menstrual blood loss, and improved health related quality of life.<sup>4,5</sup>

### Is the LiNA Librata™ the right choice for me?

Women suffering from heavy periods and who do not wish to have more children are candidates for receiving a LiNA Librata™ procedure. However, the choice of treatment depends on a number of different factors. For this reason, it's important that you consult with your doctor and together decide which treatment is most suitable for you.

### Do I still need to use contraception?

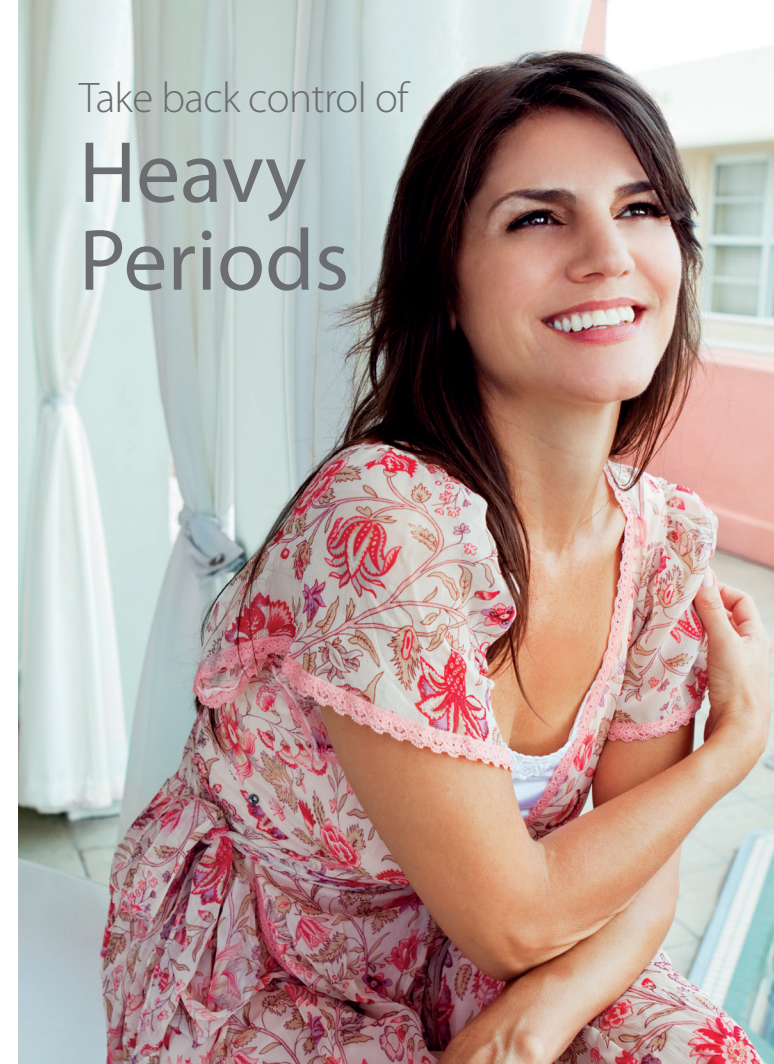
Yes, after any endometrial ablation procedure there is still a small chance that pregnancy could occur. It's important that appropriate birth control measures are continued after the procedure. Endometrial ablation should not be used if you wish to become pregnant. Pregnancy after endometrial ablation can be dangerous for both you and the fetus.

If you have any further questions, please consult with your medical professional.

*"I am very pleased with the outcome of my procedure using the LiNA Librata™ for my uterine ablation. The procedure was very smooth and didn't take much time at all."*

*– Patient treated with the LiNA Librata™*

Take back control of  
**Heavy Periods**



**LiNA Librata™**

**LiNA Librata™**

<sup>1</sup> "Heavy Menstrual Bleeding." ACOG, June 2016, [www.acog.org/womens-health/faqs/heavy-menstrual-bleeding](http://www.acog.org/womens-health/faqs/heavy-menstrual-bleeding).

<sup>2</sup> LiNA Librata™ Instructions for Use FV0151.

<sup>3</sup> "Endometrial Ablation." Royal College of Obstetricians & Gynaecologists, 22 Oct. 2015, [www.rcog.org.uk/en/patients/patient-leaflets/endometrial-ablation/](http://www.rcog.org.uk/en/patients/patient-leaflets/endometrial-ablation/).

<sup>4</sup> Guyer, Christopher. "Clinical evaluation of the Librata endometrial ablation device in an outpatient setting." ESGE Annual Congress 2018. Messe Wien Exhibition & Congress Center, Vienna, Austria. Oral Presentation.

<sup>5</sup> Fortin, Claude. "Performance and effectiveness of the Librata endometrial ablation system." CanSAGE Annual Meeting 2020. Virtual. Poster Presentation.

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Make periods tolerable again with this quick  
~2 minute thermal treatment



Innovation in Gynecology

## What is heavy bleeding?

An estimated 1 out of 3 women seek treatment for heavy menstrual bleeding.<sup>1</sup> Heavy periods can often be a major disruption to a woman's normal life, requiring frequent pad or tampon changes, limiting activity and managing clothing to avoid embarrassment.

## Symptoms

A normal period lasts 5-7 days, but if you suffer from heavy menstrual bleeding, you may experience some or all of the following symptoms:

- Periods lasting more than 7 days
- Frequent changing of sanitary wear that is soaked through within hours
- Fear and anxiety about potential accidents
- Menstrual flow that includes large blood clots
- Severe pain or cramping
- Exhaustion or fatigue

## Treatments

There are various options for treating heavy periods. Which treatment is the best for you depends on a number of different factors; your health, your family status, the intensity of menstrual bleeding and the impact it has on your life. Depending on these factors, options range from medication to surgical procedures, which can be either temporary or permanent.

One of the treatment methods is an endometrial ablation with **LiNA Librata™**, a minimally invasive procedure. Discuss with your doctor if LiNA Librata™ is a suitable option for you.

## Take back control with LiNA Librata™

The LiNA Librata™ is an endometrial ablation procedure which helps to reduce or even stop your menstrual bleeding. In a quick ~2 minute thermal treatment, the LiNA Librata™ applies heat to the inner lining of the uterus that causes the bleeding.<sup>2</sup> It is a procedure that helps manage your heavy bleeding in an effective way.

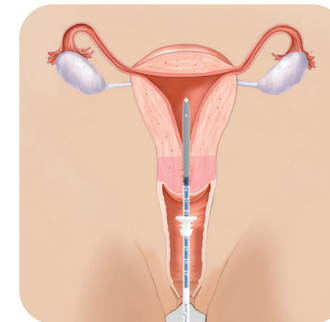
Benefits of the LiNA Librata™:

- Thermal treatment time of ~2 minutes
- No incisions
- No hospitalization (you typically go home right after the procedure)
- Simple procedure (few steps)



## What to expect before?

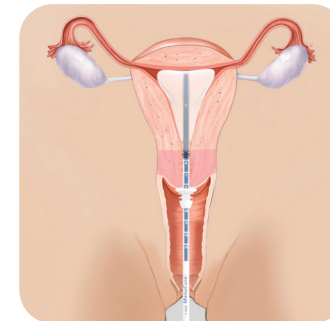
Prior to surgery your doctor will discuss the type of anesthesia to be used (e.g., local, IV sedation, general). You may be prescribed medicine to make the procedure more comfortable.



### How does it work?

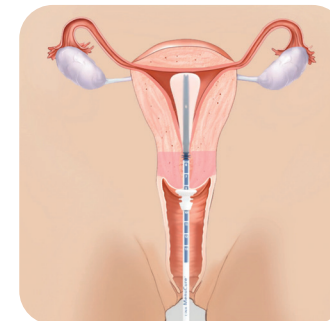
#### Step 1 - Insertion

Your doctor will insert a slim soft balloon catheter through the cervix and into your uterus (womb). No incision required.



#### Step 2 - Treatment

The balloon is gently inflated with a heated liquid to fill your uterus. The liquid is circulated for ~2 minutes to treat the lining of the uterus.



#### Step 3 - Removal

After treatment, the balloon catheter is deflated and removed from the uterus.

## What to expect during?

In some cases your medical professional may use a local anesthetic (numbing agent) and may dilate (widen) your cervix to allow entry of device. You may feel some menstrual like cramping during the procedure.