



❑ **Medication, Bleeding: Birth Control Pills (BCP)**

Birth Control Pills are used to regulate menstrual cycles and help ensure a thinner uterine lining. In doing this there is an expected reduction in excessive or prolonged bleeding. BCP helps in many cases for a period of time but can lose its effectiveness over extended use for bleeding regulation.

❑ **Medication, Bleeding: IUD/IUS (Device)**

A Merina IUD (IUS) releases a progestin, making the uterine lining thinner which can help decrease blood flow and cramping. IUD/IUS has in some cases, caused periods to cease. IUD helps in many cases for a period of time but can lose its effectiveness over extended use for bleeding regulation.

❑ **Medication, Bleeding: Tranexamic Acid**

Originally used in surgery to reduce bleeding, Tranexamic Acid (AKA Cyklokapron) has the same effect on Menstrual bleeding. Take as prescribed, TA can prevent heavy bleeding before it happens or reduce it once in motion.

❑ **Medication, Bleeding: High dose oral progestogens**

These are intended to prevent the uterine lining from building up to begin with. The idea behind this process is that menstrual bleeding will be lighter as a result of that lack of built up lining.

❑ **Medication, Bleeding and Tumor Shrinkage: Fibrystal**

In Canada under the name Fibrystal, Ulipristal Acetate has shown ([Review the Pearl Studies](#)) to reduce or eliminate bleeding while also reducing fibroid size. Approved in 5mg pill format taken daily over three months. Often used pre-surgery although sometimes prescribed longer term. Tumors generally return if medication is stopped.

❑ **Medication: Bleeding and Tumor Shrinkage: Lupron**

Lupron is approved in 1 to 3 month injection format and is known for its ability to induce a false state of menopause. The result is reduced or eliminated bleeding and reduction in fibroid size. The patient may also experience bone density loss and other issues associated with Menopause. Tumors generally return if medication is stopped.

❑ **Surgical Procedure: D&C (scraping)**

Your surgeon scrapes away the lining of the uterus, which is then sent for analysis. Often opted for by surgeons for women with severe bleeding. Over time there is a return rate of heavy bleeding due to the Fibroids when D&C is performed because the Uterus remains; ask your GYN what that rate is in their experience.

❑ **Surgical Procedure: Ablation**

By destroying the lining of the uterus, Ablation stops heavy bleeding. Usually performed under local anesthetic in an outpatient setting, there are a number of different types of Ablation procedures (often depending on size, type and placement of the Fibroids). Ablation eliminates any option of pregnancy. There is a return rate of Fibroids when Ablation is used; ask your GYN what that rate is in their experience.

❑ **Surgical Procedure: Uterine Artery Embolization (UAE)**

Performed by a radiologist, small particles are injected through a tube aimed to block the arteries supplying blood to the fibroid. This causes it to shrink, thus reduce heavy bleeding. There is a return rate of Fibroids when UAE is used; ask your GYN what that rate is in their experience.

❑ **Surgical Procedure: Myomectomy (Abdominal Cut, Abdominal Minimally Invasive or Vaginal)**

Removal of fibroids that are causing heavy menstrual bleeding, it's carried out when patients wish to keep their uterus but experience heavy menstrual bleeding caused by fibroids. Depending on type of Myomectomy recovery is up to 6 months. There is a return rate of Fibroids with Myomectomy; ask your GYN what that rate is in their experience.

❑ **Surgical Procedure: Hysterectomy (Abdominal Cut, Abdominal Minimally Invasive or Vaginal)**

Removal of the Uterus and fibroids for a permanent solution to the condition. Generally, a last resort of the GYN because there is no ability to conceive once undergone and recovery time can be up to 6 months. There is no return of Fibroids when Hysterectomy is chosen which is why some women prefer to opt for this procedure immediately depending on age, reproductive choices and severity of symptoms.