



LiNA Librata™

A simple 2 minute procedure

What to expect after?

In most cases, patients will be discharged from the office or clinic 1 to 2 hours after treatment. The majority of women return to normal activities within 48 hours. Some women may feel pain and cramping in the hours following the procedure. Your doctor may recommend a mild analgesic to alleviate this. After the treatment you may also experience vaginal discharge, which is a normal part of the healing process of your uterus.

Frequently asked questions:

Is balloon ablation effective?

Balloon ablation has shown to be highly effective. Over the past 20 years, millions of women have received a balloon ablation. Greater than 85% of women treated with balloon ablation have reported satisfaction with the procedure, significant reduction in menstrual bleeding, and a return to normal activities.

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 getting 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 want 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 doctor.

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Take control of Heavy Periods



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Innovation in Gynecology



What is heavy bleeding?

An estimated 1 out of 5 women are affected by heavy periods or menorrhagia (pronounced men-or-ahjah). Heavy periods can often be a major disruption to a woman's normal life, requiring frequent pad or tampon changes, and limiting activity/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 physical, social and/or emotional symptoms:

- Periods lasting more than 7 days
- Frequent change of tampons and pads that are 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 that does not require surgery or hospitalization. Discuss with your doctor if Librata is a suitable option for you.



LiNA Librata™ Endometrial Ablation Procedure

The LiNA Librata is an endometrial ablation procedure which helps to reduce or even stop your menstrual bleeding. In a quick 2 minute treatment, the LiNA Librata applies heat to the inner lining of the uterus that causes the bleeding. It is a very simple procedure, without hormones, incisions or surgery that helps treat your heavy bleeding in an effective way.

Benefits of the LiNA Librata:

- One-time procedure
- Treatment time of only 2 minutes
- No hormones
- No incisions or surgery
- No hospitalization. Patients typically go home right after the procedure
- Simple procedure

What to expect before?

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

What to expect during?

If performed under local anesthesia, you may feel some menstrual-like cramping pain as the balloon inflates.

How does it work?



Step 1 - Insertion
Your doctor will insert a slim soft balloon catheter through the cervix and into your uterus. No incision required.



Step 2 - Treatment
The balloon is gently inflated with a heated liquid that conforms to the unique shape of 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.