



Your Abnormal Uterine Bleeding (AUB) Physician Discussion Guide

**Make the most of your time with
a collaborative consultation
designed to meet your needs.**

How to use this guide

Before your appointment

Check the boxes that indicate your symptoms and use the notes section to provide additional details.

At the start of your appointment

Show your nurse and physician your Symptoms Summary.

During your appointment

With your physician, explore and compare diagnostic and treatment options.

Symptoms summary

I experience these symptoms:

- Periods over 7 days long
- Bleeding through pads & tampons in 2 hours
- Bleeding through clothes
- Passing large clots
- Bleeding between periods
- Menstrual cup collection amounts 30mL+
- Waking at night to change pads, tampons, menstrual cup
- Debilitating cramps
- Feeling bloated or full
- Pressure on the bowel and bladder
- Frequent urination
- Constipation
- Pain during sex
- Infertility
- Anemia
- Exhaustion
- Depression
- Anxiety
- Social fears around bleeding in public
- Self-consciousness about odor
- Problems sleeping
- Problems with intimacy
- Missing work or school
- Can't focus at work or school
- Cancel plans due to period

Other symptoms

How long have you been experiencing these symptoms?

What is your treatment goal?

In your own words, describe how your period impacts your quality of life and physical, emotional and mental well-being

Are you experiencing infertility? Y N

Do you wish to preserve fertility? Y N

Do you wish to avoid hormonal treatment? Y N

Do you wish to avoid a hysterectomy? Y N

Questions for your physician

What may be causing my symptoms?

Fibroids

Polyps

Hormonal imbalance/thick endometrium

Other

How will you diagnose the cause?

Hysteroscopy

Transabdominal ultrasound

Transvaginal ultrasound

Other

What options do you recommend?

Watch & Wait

Operative hysteroscopy

Hormones (IUD/BC pills)

Endometrial ablation

**Endometrial ablation is for women who do not wish to become pregnant. It is not safe to become pregnant after this treatment.*

Other recommended treatments

Avoid hysterectomy

Diagnostic hysteroscopy

Fibroid removal

Polyp removal

Discuss the benefits and risks of the option(s) that you are considering

Next steps

Hysteroscopy? Y N

Blood work? Y N

Tests:

Other steps?

How did it go?

Were you heard? Y N

Were you offered all available options? Y N

Were you given a specific treatment plan? Y N

Were your values and needs prioritized? Y N

Do you need a second opinion? Y N

Glossary of terms that may be used during your appointment

Transabdominal ultrasound—allows quick visualization of the abdominal organs and structures from outside the body using sound waves

Abnormal uterine bleeding—condition that results in menstrual flow outside the normal volume, duration, regularity or frequency

Anemia—condition in which you lack enough healthy red blood cells to carry adequate oxygen to your body's tissues

AUB—an acronym for abnormal uterine bleeding

Endometrium—the lining of the uterus, which thickens during the menstrual cycle in preparation for possible implantation of an embryo

Endometrial ablation—method of removing the lining of the uterus

Fibroid—non-cancerous tumor of muscular and fibrous tissues, typically developing in the wall of the uterus

Hormones—chemical “messengers” that circulate in the bloodstream and control the actions of certain cells or organs. They are naturally occurring and can be produced and administered via pill, injection or implant

Hysterectomy—surgery to remove the uterus

Hysteroscopy—a thin tube with a camera (a hysteroscope) is inserted through the vagina, through the cervix, and into the uterus to view the uterine cavity

IUD—intrauterine implant that is a small plastic T-shaped device used for hormonal birth control or AUB symptom management

Leiomyomas—the medical term for fibroids

Myomectomy—surgery to uterine fibroids only, leaving the uterus in place

Operative hysteroscopy—after inserting a hysteroscope, a small device is inserted into the hysteroscope tube and into the uterus. This device is used to remove fibroids and polyps

PALM-COEN—framework used by physicians to classify the cause(s) of AUB

Polyps—growths attached to the inner wall of the uterus that extend into the uterine cavity

Polypectomy—surgery performed to remove uterine polyps while preserving the uterus

Tissue resection—the removal of tissue (endometrial tissue, polyps and fibroids)

Transvaginal ultrasound—ultrasound allows quick visualization of the uterus and surrounding structure via the vagina using sound waves

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