



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:

- | | |
|---|---|
| <input type="checkbox"/> Periods over 7 days long | <input type="checkbox"/> Pain during sex |
| <input type="checkbox"/> Bleeding through pads & tampons in 2 hours | <input type="checkbox"/> Infertility |
| <input type="checkbox"/> Bleeding through clothes | <input type="checkbox"/> Anemia |
| <input type="checkbox"/> Passing large clots | <input type="checkbox"/> Exhaustion |
| <input type="checkbox"/> Bleeding between periods | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Menstrual cup collection amounts 30mL+ | <input type="checkbox"/> Anxiety |
| <input type="checkbox"/> Waking at night to change pads, tampons, menstrual cup | <input type="checkbox"/> Social fears around bleeding in public |
| <input type="checkbox"/> Debilitating cramps | <input type="checkbox"/> Self-consciousness about odor |
| <input type="checkbox"/> Feeling bloated or full | <input type="checkbox"/> Problems sleeping |
| <input type="checkbox"/> Pressure on the bowel and bladder | <input type="checkbox"/> Problems with intimacy |
| <input type="checkbox"/> Frequent urination | <input type="checkbox"/> Missing work or school |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Can't focus at work or school |
| | <input type="checkbox"/> 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
- Avoid hysterectomy
- Diagnostic hysteroscopy
- Fibroid removal
- Polyp removal

**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

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

Minerva Surgical does not provide medical diagnosis, treatment or engage in the practice of medicine. There are potential risks with any medical procedure. These procedures may not be appropriate for all patients, and all patients may not benefit. For information about risks, visit aubandme.com/risks. Rx Only.