

# Ultrasound-guided high-intensity transcutaneous focused ultrasound for symptomatic uterine fibroids

Information for the public

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There is not much good evidence about how well this procedure works for symptomatic uterine fibroids. This procedure can be used but only when patients are having regular checks to see how well it is working or if it has caused problems. This is because of the concerns about how well it works in the long term and the serious complications.

Uterine fibroids are non-cancerous growths on the inside or outside of the womb (uterus). In this procedure, a device scans the womb to show where the fibroids are. A separate device delivers a precisely focused dose of high-intensity ultrasound energy through the skin of the abdomen (transcutaneous). This heats the fibroid until most or all of it is destroyed, reducing the symptoms caused by the fibroids.

The [NHS website](#) may be a good place to find out more. NICE's information on [HealthTech guidance](#) has more about what a procedure is and how we assess them.

## Is this procedure right for me?

If you've been offered this procedure, your healthcare professionals should discuss with you what is involved and tell you about the risks and benefits. They should talk with you about your options, and listen carefully to your views and concerns. Your family can be involved too, if you wish. All of this should happen before you agree (consent) to have the procedure. You should also be told how to find more information about the procedure.

Read more about [making decisions about your care](#).

## Some questions to think about

- What does the procedure involve?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- What happens if the procedure doesn't work or something goes wrong?
- What happens if I don't want the procedure? Are there other treatments available?

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