



INTRODUCTION OF LiNA LIBRATA BALLOON ENDOMETRIAL ABLATION IN AN OUT-PATIENT SETTING IN A UK DISTRICT GENERAL HOSPITAL

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Context:

The LiNA Librata ablation device is a novel self contained balloon endometrial ablation device. It is battery operated and disposable and not dependent on external power. It uses glycerine contained within a treatment balloon at a temperature of 150 degrees at a pressure of 180mmHg. The treatment time is 2mins 6 secs. It automatically detects perforation and aborts the procedure if suspected.

Objective:

To evaluate the feasibility of performing LiNA Librata as an endometrial ablation device in an out-patient setting under local anaesthetic

Methods:

LiNA Librata ablation introduced in a gynaecology out-patient procedure clinic from 30th March 2017 onwards.

Patients:

Initial cohort - 12 patients attending 4 clinics. 9 Patients underwent LiNA Librata ablation. 3 patients could not be treated (1x obliterated cavity, 1x cervical fibroid, 1x unable to tolerate initial hysteroscopy)

Intervention:

Pre-procedure medication:

paracetamol 1g
codeine 30-60mg
voltarol suppository 500mg or ibuprofen orally 400mg
cyclizine 50mg
diazepam 2-5mg

cervical infiltration with citanest & octapressin x 3 vials

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2mm saline hysteroscopy to visualise cavity

LiNA Librata Ablation performed according to manufacturer's instructions after hysteroscopy

Main Outcome Measures:

1. ability to complete procedure in out-patient setting
2. average pain score during & after procedure
3. satisfactory resolution of menorrhagia at follow up (results to be updated)

Results:

9 patients completed procedure in an out-patient setting. Average pain scores - during 8.5/10, after 4/10. Satisfactory resolution of menorrhagia - results to be updated.

Conclusion:

LiNA Librata is suitable for use for endometrial ablation in an outpatient setting under local anaesthetic. It is a compact hand held self contained battery operated device which is suitable for use in a variety of environments. It is simple to use and could be operated by a variety of healthcare professionals after appropriate training.