

Cross-sectional Study Comparing Paracervical and Combined Paracervical-Fundal Block for Outpatient Novasure

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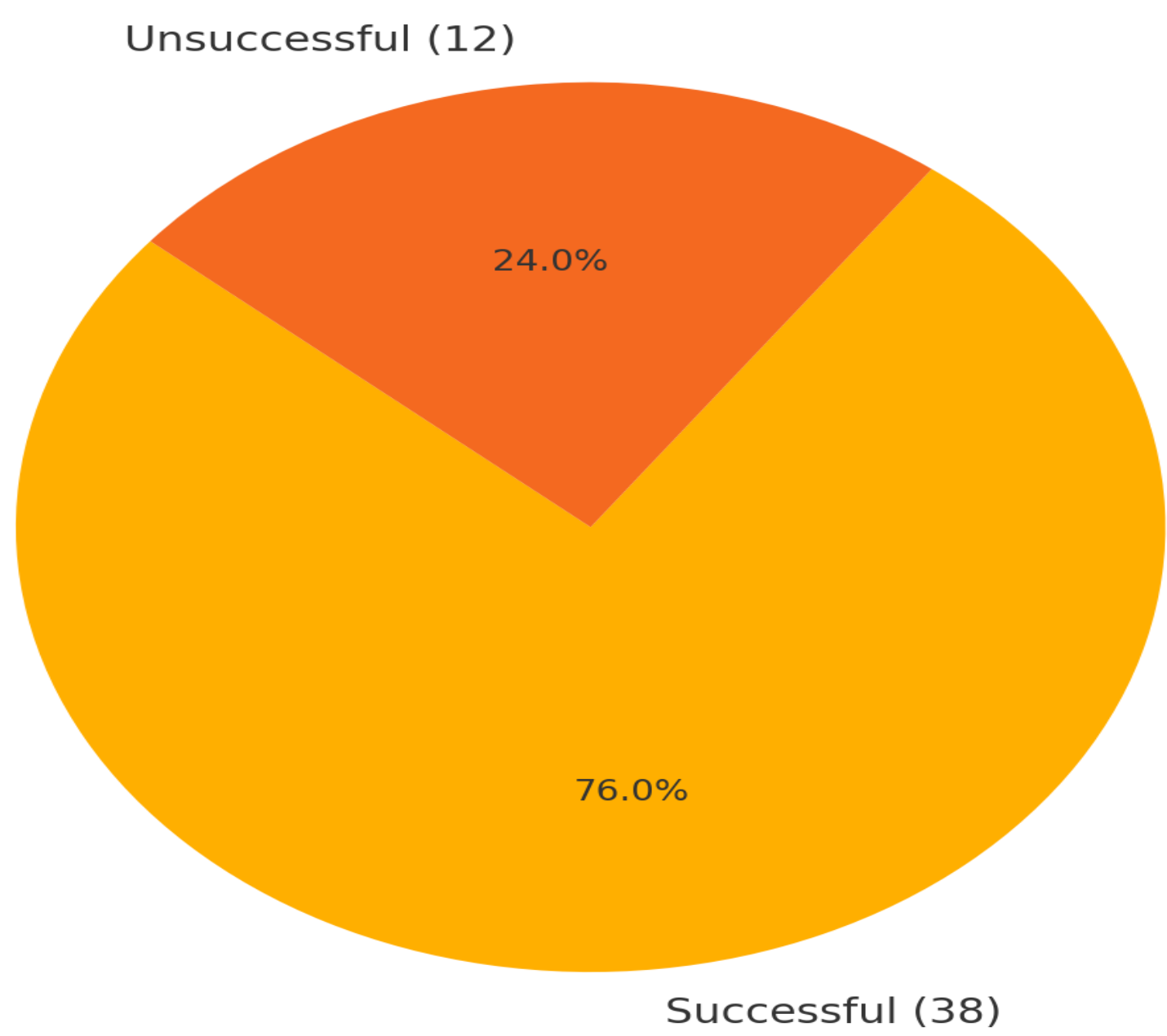
Introduction:

NovaSure endometrial ablation is a widely used outpatient procedure for the management of heavy menstrual bleeding. While effective, pain during and after the procedure remains a significant barrier to patient comfort and procedural success. Local anaesthetic techniques such as the paracervical block are commonly used; however, their efficacy can be limited. This study explores whether supplementing the paracervical block with a fundal block improves pain control, enhances recovery, and reduces the rate of procedure abandonment.

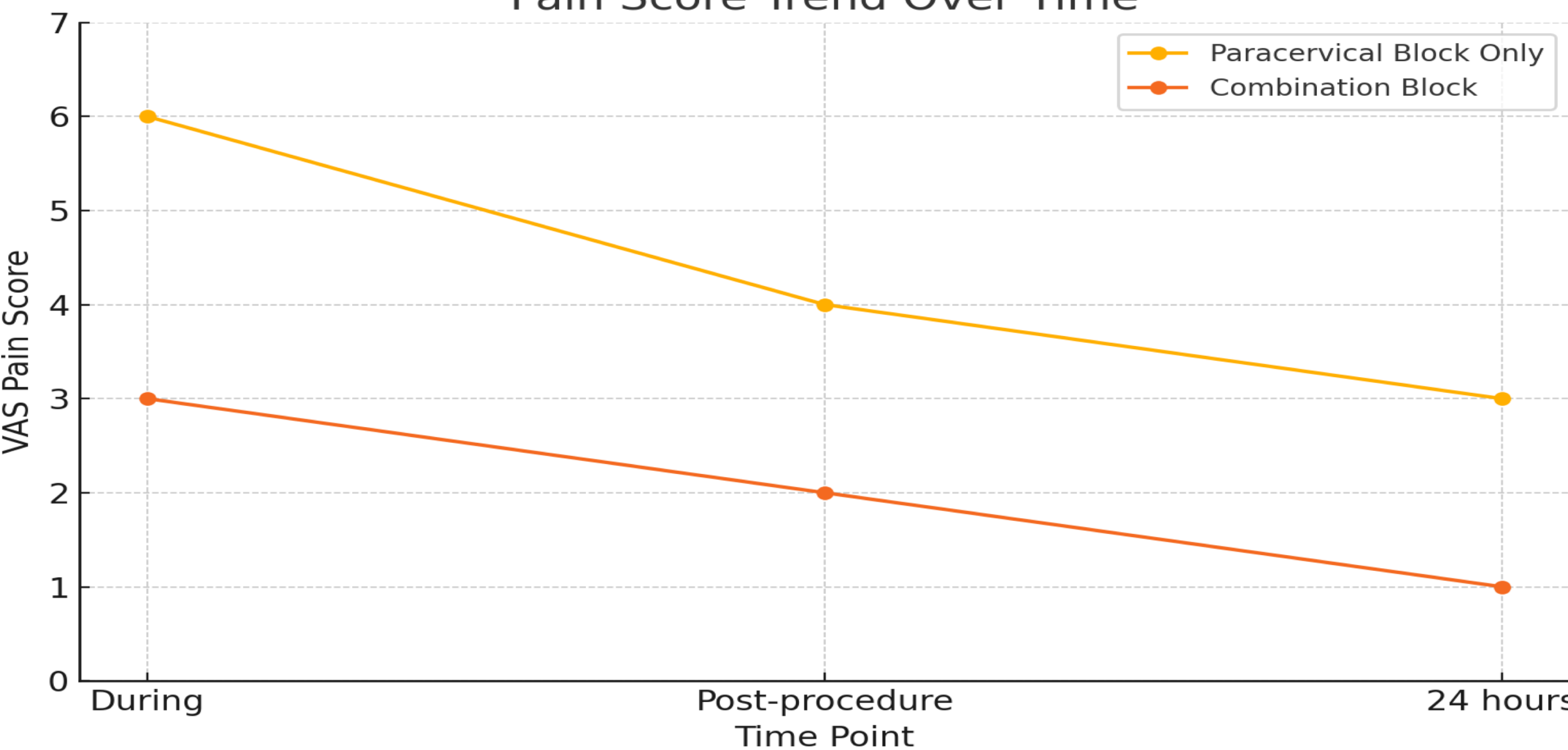
Results :

- Participants who received the combination block reported lower pain scores during the procedure (mean: 3) compared to those receiving paracervical block alone (mean: 6).
- Post-procedure, pain scores were mild to moderate, ranging from 1 to 5. At 24 hours, 40% of participants reported a pain score of 2, 32% a score of 1, and 12% no pain. Participants in the combination block group resumed normal activities within 1–2 days, compared to 2–3 days for the paracervical block group.
- The procedure was successful in 76% of participants.
- Complications occurred in 28% of cases, including vasovagal shock (16%), cervical/vaginal lacerations (8%), and two cases of suspected uterine perforation, all managed conservatively.
- Four participants experienced adverse reactions to local anaesthesia: two reported facial swelling, one experienced a vasovagal attack, and one reported dizziness. All reactions resolved promptly without intervention. The procedure was abandoned in four participants due pain intolerance three receiving the cervical block and 1 the combination block.

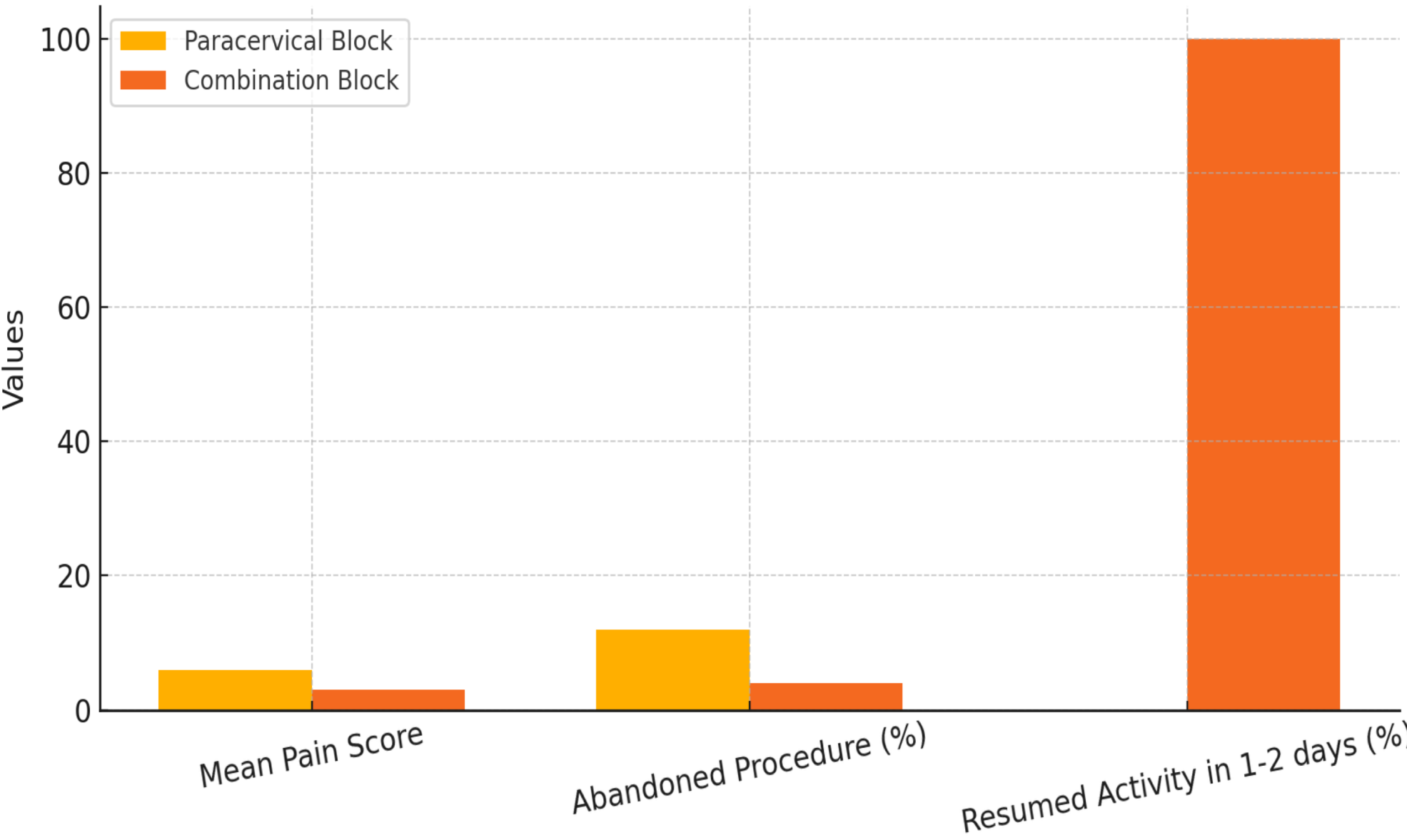
Overall Procedure Success Rate (n=50)



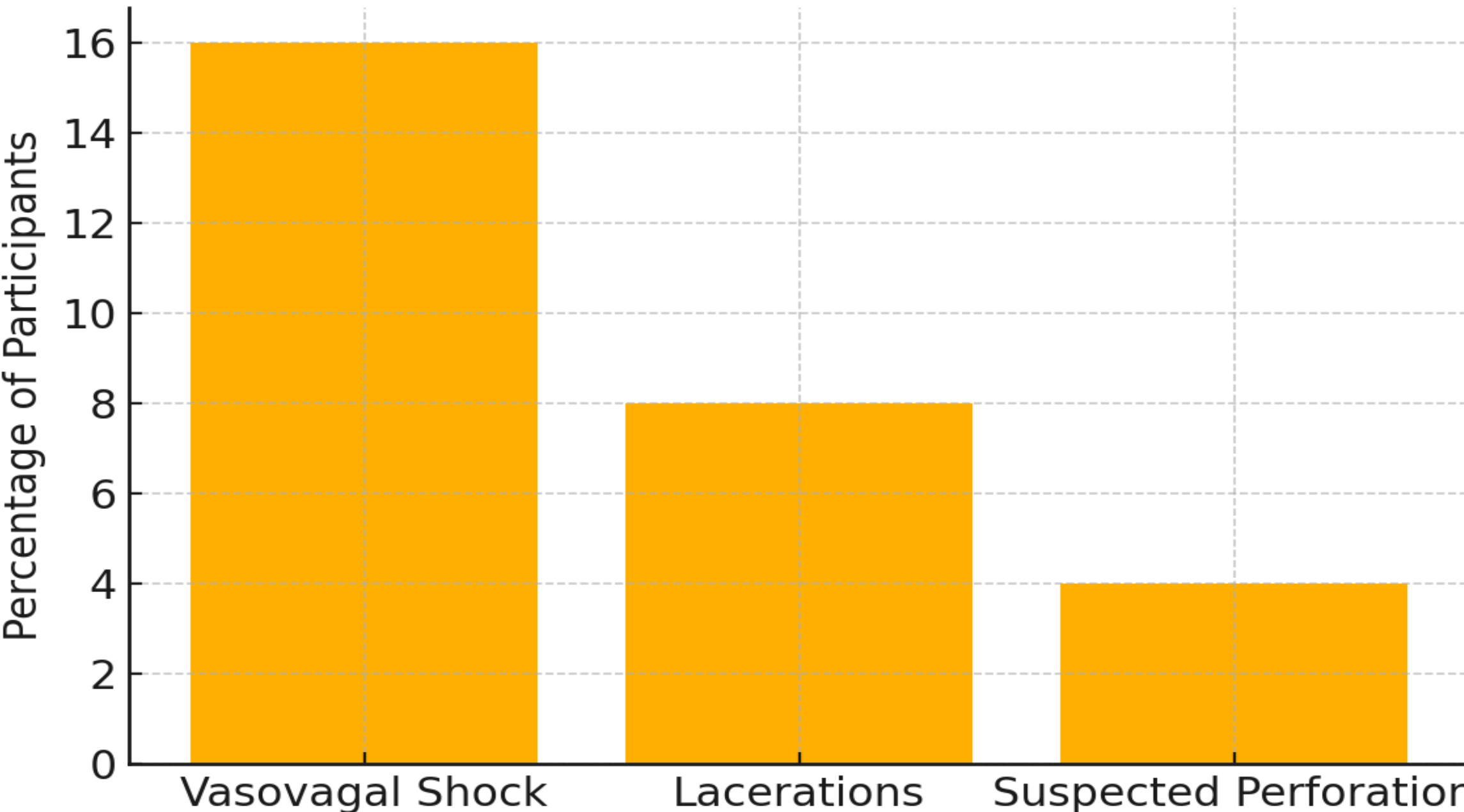
Pain Score Trend Over Time



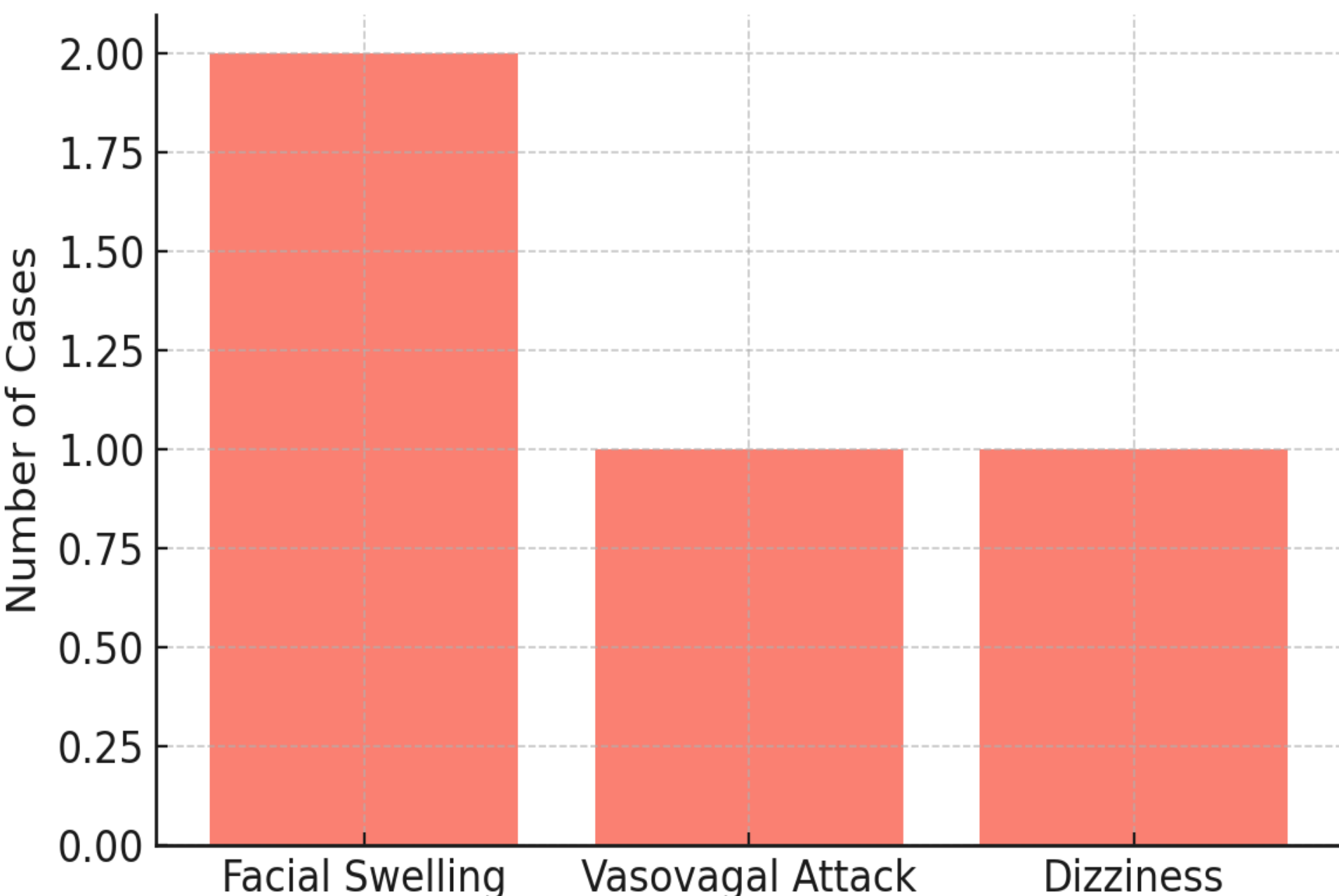
Comparison of Outcomes Between Anaesthetic Methods



Complication Rates



Adverse Reactions to Local Anaesthesia



Conclusion :

- The **combined paracervical + fundal block** provides significantly **better pain relief** than paracervical block alone during NovaSure® ablation.
- Most participants reported **minimal pain** and resumed normal activities within **1–3 days**.
- 92% were satisfied**, and **84% would recommend** the procedure.
- Only **minor, self-limiting complications** occurred, supporting the **safety and effectiveness** of this dual-block technique in the outpatient setting.

Reference:

RCOG Good Practice Paper No. 16: Pain relief and informed decision-making for outpatient hysteroscopy and procedures. London: RCOG; 2022.

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Design & Method:

Retrospective cross-sectional study

