

Treating Uterine
Fibroids and Their
Symptoms with the

Sonata[®] Treatment

What to Expect



Sonata[®]
Treatment

WHAT TO EXPECT THE DAY OF your Sonata Treatment Procedure

PREPARATION

- **Have nothing to eat or drink after midnight** the day before your procedure.
- **Someone should drive you** to and from the procedure.
- Wear **comfortable loose clothing**.



DURING THE PROCEDURE

Your physician passes the Sonata Treatment handpiece through the vagina and into the uterus where it remains throughout the procedure. The handpiece uses ultrasound waves to target individual fibroids, then delivers radiofrequency energy to one fibroid at a time (if more than one is being treated). The fibroid will shrink over several months, reducing or eliminating symptoms.

DISCHARGE

After the procedure you will rest a bit and then be ready for discharge. Most patients get cleared to go home within 2-3 hours after starting the procedure.

WHAT HAPPENS after the procedure?

ACTIVITY

After the Sonata Treatment, there may or may not be specific restrictions to physical activities. However, we recommend that you gradually increase activities at a comfortable pace. Many patients return to normal activity by the next day.

- **You should NOT drive a car or operate machinery** or power tools for 24 hours after the procedure due to medications used during your procedure. You may resume driving when not taking pain medication that may impair judgement and response while driving.

- **You may bathe or shower as directed by your physician.** Your doctor will indicate how long you should avoid intercourse and how long to wait before using a tampon.
- **You may resume a regular diet** as tolerated.



RECOVERY

Some patients see relief of heavy menstrual bleeding within their first cycle. For others, it may take 2-3 cycles, or in some cases, longer.

Possible **SIDE EFFECTS**

Most side effects are typically minor and temporary. Your doctor should discuss all potential risks in detail. For complete safety information, visit sonatatreatment.com/safety-information.

WHEN TO NOTIFY your physician

Call your physician if you develop any of the following symptoms:

- Persistent nausea or vomiting
- Excessive bleeding (greater than 4 pads in 2 hours or as otherwise directed by your physician)
- Severe abdominal pain
- Fever (your doctor's office will indicate at which temperature they should be notified)

If you cannot contact your physician, go to your Emergency Room or call 911.

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The Sonata® System is intended for diagnostic intrauterine imaging and transcervical treatment of symptomatic uterine fibroids, including those associated with heavy menstrual bleeding. For Indication and Safety Information, or to learn more about the Sonata Treatment, visit www.sonatatreatment.com.

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