



What to expect: Mara™ Treatment

Your Mara Treatment is Scheduled

Doctor _____

Date & Time _____

Phone _____

Indication for Use

💧 Mara Water Vapor Ablation System is used to treat the lining of the uterus (endometrium) in premenopausal women with heavy menstrual bleeding due to benign causes for whom childbearing is complete.

Before Treatment

- 💧 Your uterine lining should be thin prior to the Mara treatment. Your physician may choose to perform the treatment just after your menstrual period has ended, or may give you a course of medication to produce a thinning of the lining of the uterus prior to the treatment.
- 💧 Prior to coming in for the treatment, you may be asked to take specific medications at the direction of your physician.
- 💧 You should plan on a 1–2 hour appointment.
- 💧 You should arrange to have someone drive you home after the procedure. You cannot drive immediately after the treatment if you were given medication to sedate you during the treatment.

During the Treatment

- 💧 The time from insertion to removal of the Mara Water Vapor Probe tip is approximately 4 minutes, including 2 minutes of water vapor treatment.
- 💧 No part of the Mara Water Vapor Probe remains in the uterus after the treatment.

After Treatment



- 💧 After treatment, you may be observed for up to 1 hour to make sure you are okay. You may experience some mild to moderate low abdominal cramping and discomfort.
- 💧 Most patients can resume normal activities within 1–2 days.
- 💧 You may experience some uterine cramping for a few days, which is usually helped by over the counter (non-prescription) pain medication that your doctor will recommend. Your doctor may choose to provide prescription strength medication as well.
- 💧 You may have vaginal discharge following the treatment. During the first few days, the discharge is likely to be bloody in color, but it will gradually turn clear. The total time of vaginal discharge is expected to last for two to four weeks, so you will need to wear some sanitary protection during this time.
- 💧 Please call our office immediately if you experience increasing pain, increased bleeding, change to a greenish color vaginal discharge, or have a fever greater than 100.4°F.



MaraTM

Water Vapor Ablation System

For more information,
visit maratreatment.com



Questions or concerns? Please call us.

Phone _____

It is recommended that you read the Patient Labeling for the MaraTM Water Vapor System at www.maratreatment.com for a complete description of the system, risks, benefits and alternatives.

Important Safety Information

Mara Water Vapor Ablation System is used to treat the lining of the uterus (endometrium) in premenopausal women with heavy menstrual bleeding due to benign causes for whom childbearing is complete. Pregnancy following the Mara procedure can be dangerous. The Mara procedure should not be performed if you have suspected uterine cancer, pre-cancerous conditions of the uterine lining, some previous surgeries or medications that can thin the uterine muscle wall, a prior endometrial ablation, an active genital or urinary tract infection, an IUD currently in place, or undiagnosed abnormal vaginal bleeding. Your physician will need to decide if this treatment is appropriate for you.

Mara does not protect women from future pregnancy. Patients will still need to use birth control. Rare but serious risks include, but are not limited to, uterine injury, infection, thermal injury, and serious complications in future pregnancies. Temporary side effects may include cramping, nausea, abdominal pain and distension, vomiting, vaginal infection, and inflammation of the uterine lining. Contact your physician if you experience a possible side effect related to Mara.

For a complete list of potential risks of the Mara Water Vapor Ablation System, please read the Patient Labeling provided at www.maratreatment.com.