

Medical Policy Manual

Approved Revision: Do not implement until 4/2/21

Laparoscopic, Percutaneous and Transcervical Techniques for the Myolysis of Uterine Fibroids

DESCRIPTION

Uterine fibroids (i.e., uterine leiomyomas or uterine myomas) are one of the most common conditions affecting women in their reproductive years. Symptoms include heavy or prolonged menstrual bleeding, pelvic pressure or pain, urinary frequency, and reproductive dysfunction. Surgery, including hysterectomy and various myomectomy procedures, is considered the standard treatment. Because of the potential for surgical complications such as pelvic adhesions, and loss of the uterus with hysterectomy, minimally invasive laparoscopic, percutaneous and transcervical percutaneous techniques to induce myolysis (shrink or degenerate the tissue) have been proposed. These procedures include radiofrequency volumetric thermal ablation (e.g., Acessa™, Sonata®), laser and bipolar needles, cryomyolysis, and magnetic resonance imaging-guided laser ablation.

POLICY

- Laparoscopic, percutaneous **and transcervical** techniques of myolysis for the treatment of uterine fibroids are considered **investigational**.

IMPORTANT REMINDERS

- Any specific products referenced in this policy are just examples and are intended for illustrative purposes only. It is not intended to be a recommendation of one product over another, and is not intended to represent a complete listing of all products available. These examples are contained in the parenthetical e.g. statement.
- We develop Medical Policies to provide guidance to Members and Providers. This Medical Policy relates only to the services or supplies described in it. The existence of a Medical Policy is not an authorization, certification, explanation of benefits, or a contract for the service (or supply) that is referenced in the Medical Policy. For a determination of the benefits that a Member is entitled to receive under his or her health plan, the Member's health plan must be reviewed. If there is a conflict between the Medical Policy and a health plan, the express terms of the health plan will govern.

ADDITIONAL INFORMATION

Data on these procedures are inadequate to permit conclusions regarding their impact on health outcomes.

SOURCES

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BlueCross BlueShield Association. Evidence Positioning System. (2020, September). *Laparoscopic and percutaneous techniques for the myolysis of uterine fibroids* (4.01.19). Retrieved December 16, 2020 from <http://www.evidencepositioningsystem.com>. (19 articles and/or guidelines reviewed)

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EFFECTIVE DATE 4/2/2021

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