

## Heavy Period Assessment

**Do you suffer from heavy periods? Take this assessment about your period, and talk to your doctor to find out if the Cerene® treatment is right for you. Cerene is designed to provide relief from your heavy periods, getting you back to a life controlled by you, not your period.**

Do your periods cause you to soak through more than 1 pad or tampon every hour?	YES	NO
During your period, do you have to wear more than 1 pad or tampon at a time?	YES	NO
Have you ever been diagnosed with or treated for anemia?	YES	NO
Has your period caused you to miss work?	YES	NO
Have you missed social activities with family or friends because of your period?	YES	NO
Do you plan your daily activities around your period?	YES	NO
Is your sex life impacted by your periods?	YES	NO

### Questions to discuss with your doctor:

- What are treatment options for my heavy bleeding (and cramps)?
- What are the risks and benefits of the Cerene treatment compared to other treatments?
- What are the benefits of performing the treatment in your office versus the hospital?
- Will I feel pain during the Cerene treatment?
- What is the recovery like from the Cerene treatment compared to other treatments?
- When can I resume my daily activities?
- After being treated, what happens if my symptoms (bleeding or cramping) come back?

**PRINT OUT THIS FORM AND BRING IT TO YOUR DOCTOR'S APPOINTMENT FOR DISCUSSION**

#### Important Safety Information

Cerene® Cryotherapy Device is indicated to ablate the endometrial lining of the uterus in premenopausal women with heavy menstrual bleeding due to benign causes for whom childbearing is complete. Pregnancy following the Cerene procedure can be dangerous; therefore, contraception must be used until menopause. The Cerene procedure is not for those who have or suspect uterine cancer; have an active genital, urinary or pelvic infection; or an IUD. There are risks and considerations associated with the use of the Cerene Cryotherapy Device. Temporary side effects may include uterine cramping, vaginal infection, and lightheadedness. For detailed benefit and risk information, consult the Cerene Instructions for Use (IFU) or your healthcare professional. CAUTION: Federal (USA) law restricts this device to sale by or on the order of a physician trained in the use of the Cerene Cryotherapy Device.