MRI Guided Focused Ultrasound (MRgFUS) to Treat Uterine Fibroids at UCSF

What is MRgFUS? MRgFUS is a noninvasive FDA approved treatment for uterine fibroids that uses ultrasound waves to create heat that damages fibroids. To undergo treatment, a woman lies on her abdomen on an MRI table with the focused ultrasound equipment underneath her. Using MRI to visualize the fibroids, a radiologist directs focused ultrasound waves into the fibroid that produce high temperatures of 65-85°C. This heat causes cell death within the fibroid. The MRI allows the radiologist to visualize the entire pelvis so that the focused ultrasound waves do not injure organs adjacent to the fibroid, such as the bladder. The goal of MRgFUS is for the fibroids to decrease in size and improve fibroid symptoms such as heavy bleeding, pelvic pressure or pain.

Do I need to stay in the hospital after MRgFUS? No. MRgFUS is an outpatient procedure. You will need to stay for about 1 hour after the procedure and then you will need someone to accompany you on the way home. Women return to their normal activities 1-2 days after the procedure.

Is MRgFUS available at UCSF? Yes. Researchers at UCSF are now studying the effectiveness of MRgFUS to treat heavy bleeding or pelvic pressure or pain caused by uterine fibroids. The study is called PROMISe (Pilot Randomized Trial Of MRgFUS In Symptomatic Fibroids)

What is involved if I agree to be in the MRgFUS study (PROMISe) at UCSF?
- Opportunity to receive MRgFUS during the study
- Complete questionnaires about your fibroid symptoms
- Have a MRI and give blood samples
- You will be paid $325

Which women are eligible to participate in the MRgFUS (PROMISe) study?
- Still having periods (not menopausal)
- Fibroids cause heavy bleeding, pressure/pain, urinary symptoms
- Fibroids smaller than about 4 inches (10 centimeters)

Will I need to pay or get my insurance to cover MRgFUS if I enroll in the MRgFUS study (PROMISe)? No. MRgFUS will be provided to study participants without the need for insurance coverage or out-of-pocket payments.

How can I find out more information about enrolling in the MRgFUS study (PROMISe)? For more information, please call the research coordinator Shirley Wong at (415) 502-4082.