American College of Radiology  
ACR Appropriateness Criteria®

Management of Uterine Fibroids

**Variant 1:** Reproductive age patient with uterine fibroids, symptomatic with heavy uterine bleeding or bulk symptoms (eg, pressure, pain, fullness, bladder, or bowel symptoms), and a desire to preserve fertility. Initial therapy.

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**Variant 2:** Reproductive age patient with uterine fibroids, symptomatic with heavy uterine bleeding or bulk symptoms (eg, pressure, pain, fullness, bowel, or bladder symptoms), and no desire for future fertility. Initial therapy.
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**Notes:**
- Usually appropriate
- May be appropriate
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**Variant 4:** Reproductive age patient with pedunculated submucosal uterine fibroids, symptomatic with heavy uterine bleeding. Initial therapy.
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### Endometrial ablation

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### Laparoscopic or open myomectomy

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### Variant 5:  
Postmenopausal patient with uterine fibroids, symptomatic with heavy uterine bleeding or bulk symptoms (eg, pressure, pain, fullness, bladder, or bowel symptoms). Negative endometrial biopsy. Next step.

### Hysterectomy

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### Hysteroscopic myomectomy

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### MR-guided high-frequency focused ultrasound ablation

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### Endometrial ablation

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Usually not appropriate

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### Laparoscopic uterine artery occlusion

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**Variant 6:** Reproductive age patient with uterine fibroids desiring pregnancy and experiencing reproductive dysfunction. Initial therapy.

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<td>Study Quality</td>
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<td>References</td>
<td>Study Quality</td>
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Appendix Key
A more complete discussion of the items presented below can be found by accessing the supporting documents at the designated hyperlinks.

**Appropriateness Category:** The panel's recommendation for a procedure based on the assessment of the risks and benefits of performing the procedure for the specified clinical scenario.

**SOE:** Strength of Evidence. The assessment of the amount and quality of evidence found in the peer reviewed medical literature for an appropriateness recommendation.

- **References:** The citation number and PMID for the reference(s) associated with the recommendation.
- **Study Quality:** The assessment of the quality of an individual reference based on the number of study quality elements described in the reference.

**RRL:** Relative Radiation Level. A population based assessment of the amount of radiation a typical patient may be exposed to during the specified procedure.

**Rating:** The final rating (1-9 scale) for the procedure as determined by the panel during rating rounds.

**Median:** The median rating (1-9 scale) for the procedure as determined by the panel during rating rounds.

**Final tabulations:** A histogram showing the number of panel members who rated the procedure as noted in the column heading (ie, 1, 2, 3, etc.).

Additional supporting documents about the AC methodology and processes can be found at [www.acr.org/ac](http://www.acr.org/ac).