• If the member's subscriber contract excludes coverage for a specific service it is not covered under that contract. In such cases, medical policy criteria are not applied.
• Medical policies apply to commercial and Medicaid products only when a contract benefit for the specific service exists.
• Medical policies only apply to Medicare products when a contract benefit exists and where there are no National or Local Medicare coverage decisions for the specific service.

POLICY STATEMENT:

I. Based upon our criteria and review of the peer-reviewed literature, endometrial ablation, with devices approved by the U.S. Food and Drug Administration (FDA), is medically appropriate and can be considered a treatment option for menorrhagia in women for whom child bearing is complete and symptoms are severe enough to warrant surgical intervention (e.g., hysterectomy).

All of the following criteria must be met:
A. Menorrhagia/menometrorrhagia for greater than 3 menstrual cycles that interferes with activities of daily living (ADLs) or results in anemia unresponsive to treatment;
B. Pap smear in the past 12 months within normal limits;
C. Treatment and failure to respond to hormone therapy (contraceptives, progestin) for 3 consecutive menstrual cycles or contraindication to hormone therapy;
D. Endometrium normal within the last 6-12 months by one of the following:
   1. Hysteroscopy with dilation and curettage (D & C), or
   2. Transvaginal ultrasound, or
   3. Sonohysterogram.

II. Contraindications:
A. Contraindications for endometrial ablation include:
   1. Known or suspected endometrial carcinoma or pre-malignant change of the endometrium (e.g., unresolved adenomatous hyperplasia);
   2. Presence of enlarged uterus (e.g., greater than 10 cm in length or comparable to 12 weeks gestation or more);
   3. Any anatomic or pathologic condition in which weakness of the myometrium could exist (e.g., history of previous classical cesarean section(s), transmural myomectomy);
   4. Uterine prolapse;
   5. Submucosal myomas;
   6. Active genital or urinary tract infection (e.g., cervicitis, vaginitis, endometritis, salpingitis, or cystitis);
   7. Pregnancy or desire to become pregnant in the future;
   8. Intrauterine device (IUD) in place; or
   9. Active pelvic inflammatory disease.

B. Thermal balloon endometrial ablation is contraindicated in patients who have a history of latex allergy or who have demonstrated sensitivity to latex material.

C. Microwave ablation is contraindicated in patients who have:
   1. Essure contraceptive micro-inserts in place,
   2. Myometrial thickness less than 10 mm, and
   3. Uterine sounding length less than 6 cm.
III. Based upon our criteria and review of the peer-reviewed literature, all other methods of endometrial ablation (e.g., chemoablation, photodynamic endometrial ablation) have not been medically proven to be effective and are considered investigational.

POLICY GUIDELINES:

I. Women with menorrhagia should be screened for possible reasons for the menorrhagia and if results appear positive further hematologic work-up should be performed. Examples of “red flags” indicating further work-up should be completed include a patient with a relative who has an inherited bleeding disorder, prolonged bleeding from small wounds or following dental procedures, heavy and prolonged bleeding following surgical procedures, easy bruising, spontaneous nosebleeds, blood in the stool or bleeding ulcer requiring urgent medical care, anemia requiring transfusion, heavy menses resulting in anemia, passing of large clots with menses or soaking more than one pad hourly, or heavy bleeding during or following childbirth.

II. The Federal Employee Health Benefit Program (FEHBP/FEP) requires that procedures, devices or laboratory tests approved by the U.S. Food and Drug Administration (FDA) may not be considered investigational and thus these procedures, devices or laboratory tests may be assessed only on the basis of their medical necessity.

DESCRIPTION:

Endometrial ablation is a method of treating menorrhagia (excessive uterine bleeding) through destruction of the endometrial lining. Endometrial ablation is an alternative to hysterectomy for women with menorrhagia, from benign causes, who have found medical therapy ineffective or contraindicated.

In addition, in order to exclude other conditions, thyroid stimulating hormone (TSH) and human chorionic gonadotropin (HCG) testing are often performed prior to endometrial ablation to confirm these are within normal limits.

Several devices have been developed that utilize various modalities to accomplish endometrial ablation, including but not limited to: laser therapy, resecting loop rollerball using electric current, thermal ablation using a liquid-filled balloon, microwave, electrode array or a cryosurgical device.

Thermal fluid-filled balloon, cryosurgical endometrial ablation, instillation of heated saline, and radiofrequency ablation can be performed without general anesthesia in a physician’s office and do not require hysteroscopic guidance. Microwave ablation with the MEA System may also be performed in a physician’s office but does require use of the hysteroscope.

Methods that utilize direct hysteroscopic visualization include, but are not limited to:
I. Hydrothermal (e.g. Hydro ThermAblator®, Genesys HTA™ System),
II. Neodymium-yttrium aluminum garnet (Nd-YAG) laser,
III. Resectoscope/resecting loop, and
IV. Rollerball.

Methods that do not utilize direct hysteroscopic visualization include, but are not limited to:
I. Cryoablation (e.g. Her Option™),
II. Laser interstitial hyperthermy,
III. Microwave (e.g. MEA System),
IV. Radiofrequency (e.g. Novasure™), and
V. Thermal balloon (e.g. ThermaChoice®).

RATIONALE:

Several first-generation hysteroscopically aided and second-generation non-hysteroscopically aided devices have been approved by the FDA as a safe and effective alternative to hysterectomy in select patients.

Several studies have been published addressing the various techniques of endometrial ablation as an alternative to hysterectomy for the treatment of menorrhagia. Endometrial ablation has become the surgical treatment of choice for dysfunctional uterine bleeding when hysterectomy is not desired. In the short-term, hysteroscopic and non-hysteroscopic endometrial ablation techniques have been proven to be safe and effective in reducing excessive menstrual bleeding.

Proprietary Information of YourCare Health Plan
Eligibility for reimbursement is based upon the benefits set forth in the member’s subscriber contract.

CODES MAY NOT BE COVERED UNDER ALL CIRCUMSTANCES. PLEASE READ THE POLICY AND GUIDELINES STATEMENTS CAREFULLY.

Codes may not be all inclusive as the AMA and CMS code updates may occur more frequently than policy updates.

CPT:
- 58353  Endometrial ablation, thermal, without hysteroscopic guidance
- 58356  Endometrial cryoablation with ultrasonic guidance, including endometrial curettage, when performed
- 58563  Hysteroscopy, surgical; with endometrial ablation (eg, endometrial resection, electrosurgical ablation, thermoablation)

HCPCS: No specific code(s)

ICD9:
- 626.2  Menorrhagia
- 627.0  Premenopausal menorrhagia

ICD10:
- N92.0  Excessive and frequent menstruation with regular cycle
- N92.4  Excessive bleeding in the premenopausal period

REFERENCES:


Stovall DW. Alternatives to hysterectomy: focus on global endometrial ablation, uterine fibroid embolization, and magnetic resonance-guided focused ultrasound. Menopause 2011 Apr;18(4):437-44.


KEY WORDS:
Endometrial ablation, Her Option™, Hydro ThermAblator®, MEA System, Novasure™, resectoscope, resecting loop, rollerball, ThermaChoice®, thermal balloon therapy.
CMS COVERAGE FOR MEDICARE PRODUCT MEMBERS

Based on our review, endometrial ablation is not addressed in a National or Local Medicare coverage determination or policy.