

Uterine Fibroid Embolization

Before the Procedure

- Do not eat after midnight the night before your procedure. You may take your medications with water; however we ask that you refrain from drinking 4 hours prior to the procedure.
- Please discontinue Aspirin or Plavix one week prior to the procedure, notify us in advance if you are on blood thinners such as Coumadin (Warfarin).
- Please discontinue any hormone treatments such as Lupron at least 12 weeks prior to the procedure.
- Please notify us if you are allergic to IV contrast medium (“X-Ray dye”) or any medications.

After the Procedure

- On your first night please refrain from any activity and remain in bed. Do not lift anything heavy. You may resume your normal medications as well as diet.
- For the first several days following the procedure many women describe the feeling like they have the flu; symptoms include a low-grade fever, muscle and body aches, cramping, pelvic pain, nausea and malaise. You will be given medications for all of these complaints. You should feel a little better each day, and will be able to return to your usual activity in 7- 10 days, possibly sooner. You may also note some vaginal spotting for up to two days.
- For the first week you are encouraged to take it easy with no heavy lifting, no vigorous exercise, and no sexual intercourse. If you typically use tampons please use another means of feminine protection for the first month following UFE.
- You will be given a PCA (Patient controlled analgesia) pump for pain control the first night after your procedure. In many cases this is not needed, however, for your comfort we provide this service in conjunction with the nurses at Critical Care Systems.
- You need to take Ibuprofen (Motrin), 800 mg, three times per day with a tall glass of water for seven days. You need to adhere to this regime for the full seven days, even if you start to feel better. If the Motrin upsets your stomach, take it with food or Maalox. It does not matter what brand of Ibuprofen you take as long as it is **800mg** three times a day. Advil and many other tablets are 200mg per tablet which means you need to take 4 tablets. Please remember to stay well hydrated during this week with plenty of water.
- If you have pain please take the Vicodin which you were prescribed. You may take as many as two pills every four hours, but you do not need to take it all if you

- wish. You are taking too much if it makes you sleepy. The Vicodin is a supplement for the Motrin not a substitute for it. Do not drink alcohol or drive when taking the Vicodin.
- The Vicodin may make you constipated. So please remember to eat right with plenty of dietary fiber. If needed you can take an over-the-counter stool softener such as Docusate Sodium (Colace) or Dulcolax suppositories.
 - The arterial puncture site at the top of your right leg has a bandage over it which may be removed in two days. At that point you may shower, however please do not immerse the puncture site under water for one week.
 - Call your Interventional Radiologist for any problems or questions at (856) 489-5163. In particular, call if you have a temperature greater than 100.5 or pain that is not relieved by your medication. It is not unusual to develop vaginal discharge, a “mini period”, and even pass small fragments of tissue. Call if you develop a green or yellow vaginal discharge. The groin puncture site may bruise and be sore for a few days, however should not be extremely painful or develop a large knot. Call if you develop calf or chest pain, shortness of breath, or lower extremity pallor.

Please remember to schedule a follow-up appointment with your Interventional Radiologist at the Vascular Care Center.

Your appointment is scheduled for _____ at _____. Call our office in three months following the UFE procedure for a brief follow-up appointment as well as at six months for a follow-up MRI of the pelvis with contrast.