



Uterine Fibroid Embolization Pre-op and Post-op Instructions

Before the Procedure:

The night before the procedure please drink several glasses of water for hydration. You will then have nothing to eat or drink except your medications after midnight. Diabetics on long acting insulin should only take one half of their evening dose. Apply the Scopolamine patch behind your ear the night before your procedure.

Take a shower the morning of the procedure. Do not apply lotion, cream or oils.

Wear comfortable loose-fitting clothing.

Bring sanitary pads with you to be worn following the procedure

Please notify us in advance if there is any change in your clinical condition.

A driver will be required to accompany you to the procedure and provide transportation home. You will not be able to drive or operate heavy machinery until completing your pain medication prescriptions.

After the Procedure:

Uterine artery embolization may take more than one hour to perform. Plan on being in our center for 2 to 4 additional hours following the procedure for monitoring.

You will have bandages at the access sites that apply light compression. You may remove them in the evening before bedtime and replace them with a small band-aid to cover the puncture site.

You may shower and allow clean water to run over the incision site after 24 hours. Do not soak in tubs, pools etc. for 2 weeks. Please resume your normal activities as soon as you are able. Heavy exercise is not recommended for 2 weeks.

It is normal to have some light reddish drainage on the first bandage removed. If there appears to be active bleeding, apply firm pressure to the site for 15 minutes and call us immediately or proceed to the nearest Emergency Department. Mild bruising at or near the puncture site may occur. Please call us immediately or proceed to the nearest Emergency Department if the bruising gets larger or feels firm.

Abdominal pain is normal following the procedure. You will receive pain medication at discharge. If your pain is not controlled adequately with oral pain medication, please call our office at any time.

Nausea is normal following uterine artery embolization. Continue to wear your Scopolamine patch for 2 days following the procedure. Additional anti-nausea medications will be given to you at discharge. If your nausea is not adequately controlled, please call our office at any time.

Constipation may be a side effect of the pain medication. You will receive a stool softener on discharge from the center.

2 to 3 days following the procedure, it is normal to experience 24-48 hours of flu like symptoms from post-embolization syndrome. Call our office if these symptoms get worse instead of better.

Uterine artery embolization may cause vaginal discharge immediately following the procedure. You may experience irregular cycles with breakthrough bleeding for 2-3 months or no cycles for 2-3 months.

If you notice thick or foul-smelling vaginal discharge that may or may not be accompanied by fever greater than 101 degrees, chills, shaking or worsening pelvic pain this may indicate infection and you will need to call us at any time and proceed to the nearest Emergency Department.

No sexual intercourse for 2 weeks following the procedure. Do not put anything in your vagina for 2 weeks following the procedure.

Do not wear tampons for 2 months following the procedure.

A physician is available on call 24 hours a day. Please call our office immediately if you experience any clinical change.