

Uterine Fibroid Embolization

Patient Information Sheet

A thin flexible tube or catheter was inserted into one of your larger blood vessels. Through this catheter, the Radiologist injected contrast (x-ray dye) that traveled through the bloodstream to create a “map” of the blood vessels around your uterus. After selecting the correct blood vessel, the blood flow was reduced or obstructed to a targeted area around the fibroid(s). The reduced blood flow will cause the fibroid or blood vessel to shrink.

We are sensitive to your needs and concerns and want to let you know your safety and well-being are our primary concern. These instructions will help you understand the recovery process.

Instructions after Uterine Fibroid Embolization

You will be admitted to hospital overnight to allow us to better control your discomfort. Pain is usually well-controlled within the first few hours, and you will be ready to go home the next morning on oral pain medications. Upon discharge:

- Rest for the remainder of the day of your procedure.
- Have a responsible adult spend the night with you following your procedure.
- Do not drive while taking pain medications.
- Do not lift anything weighing over 5 kilograms (10 pounds) for 48 hours following your procedure.
- Do not participate in sports or strenuous activity for 48 hours following your procedure.
- If you must use stairs, climb with your good leg, then bring the other leg up to the step.

Diet

- You can eat what you normally eat.
- Drink plenty of fluids for the next two (2) days following your procedure to cleanse your body of the contrast dye.

Medications

- The Radiologist will provide you with a prescription for pain medication following your procedure. Follow the directions on the label.
- You may resume your routine medications, unless otherwise instructed by your doctor.



Dressing Care/Sutures

- Remove the gauze dressing (Band-Aid) 24 hours after your procedure.
- If a closure device was used, please refer to the Closure Device patient information pamphlet you were given.
- Check your groin or puncture site twice daily – in the morning and at night – for at least one week. If you notice increased swelling or bruising, contact your doctor immediately or go to the nearest emergency department.

Bathing

- You may shower the day following your procedure.
- **Do not** bathe or swim (especially in lakes) for one week following your procedure, as this may lead to an infection at the puncture site.

What to watch for

- Difficulty breathing, chest pains
- Feeling unusually faint or light-headed
- Increasing soreness, redness, excessive bleeding, swelling, or discharge at the puncture site
- Unusual cramps, coolness, numbness, or discoloration of the legs
- Fever more than 100°F (or 38°C)
- Redness, excessive bleeding or swelling, or discharge from the puncture site.

If you experience any of the above changes, call your doctor, Telehealth Ontario (1-866-797-0000), or go to your closest Emergency Department. Take this sheet with you.

Please call as soon as possible for a follow-up appointment with your referring doctor,

Dr. _____ to discuss the results of this procedure.

