



Uterine Fibroid Embolization Discharge Instructions

Symptoms to expect after your procedure typically include:

- Pelvic pain or cramping
- Nausea or vomiting
- Feeling tired
- Low-grade fever
- Poor appetite
- Flu-like symptoms
- Light spotting (can last up to 1 month)

These symptoms usually last 5-10 days and may be more severe in some women than others. Often times, people feel better 1-2 days after the procedure and then experience additional episodes of pain and cramping. For this reason, we recommend taking your medications as prescribed for the first 3-4 days.

Special instructions

- It is a good idea to have a heating pad at home to apply to your abdomen.
- You may want to wear a light day maxi-pad if you have spotting.

When should I call for help?

Call our office at (734) 615-0189 if any of the following occur:

- Fever greater than 102.5° or fever associated with sweating and chills
- Abnormal foul-smelling vaginal discharge
- Heavy bright red vaginal bleeding, different from your normal menstrual flow
- Pain or burning with urination
- Pelvic pain unrelieved by pain medication, or pain which lasts longer than two weeks

What are my activity instructions?

- You may remove the band-aid from your groin after 24 hours and shower

- Avoid strenuous physical activity for 48 hours
- Activity is not restricted after 48 hours. After the first 2-3 days, the way you feel is the best indicator of what you should and should not do
- There are no restrictions on resuming sexual activities
- If you are taking pain medication, do not drive or operate machinery

What are my diet instructions?

- You may resume your previous diet as tolerated.
- You may want to add more fiber to your diet in the form of fruits and vegetables to prevent constipation while taking pain medications.

What are my medication instructions?

- Follow the medication regimen closely for the first 3-4 days.
- You will receive prescriptions at the time of discharge for pain medication. Usually Motrin, Colace (a stool softener), and Zofran (for nausea).

What follow-up care will I receive?

Follow-up appointments are scheduled at two weeks and six months.

If for some reason you do not receive an appointment, please call our office at (734) 615-0189 to schedule your two week follow-up appointment.

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