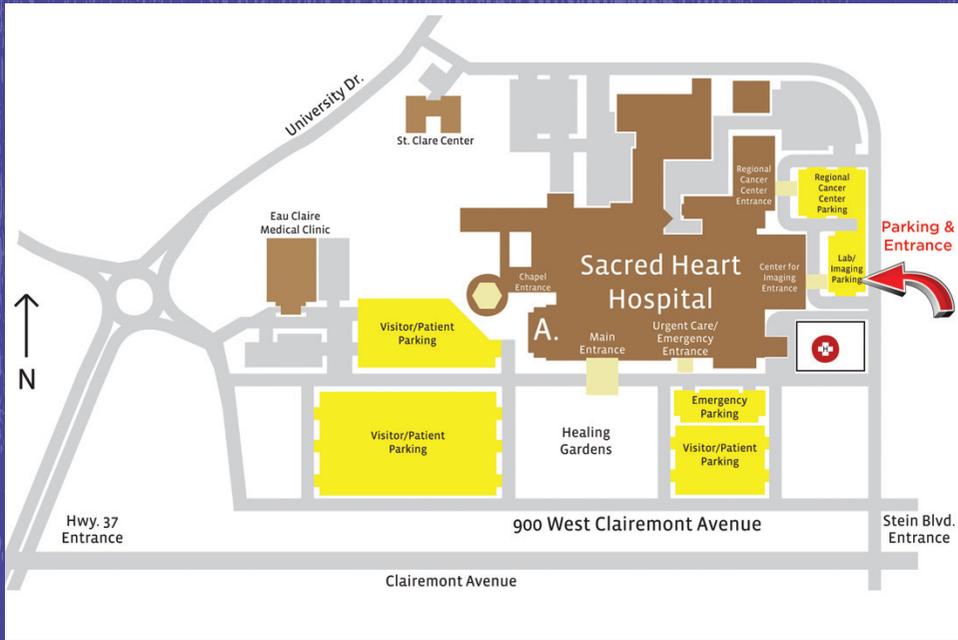


If you have any questions, you can call Radiology at 715-717-6985 or you may call your doctor's office.

Patient Guide



UFE

Uterine Fibroid Embolization



Sacred Heart Hospital

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

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Uterine Fibroid Embolization (UFE)

Uterine fibroids are growths in the uterus that are usually not cancer. They can cause pain, heavy menstrual bleeding, or pressure on the bladder or bowel. Uterine Fibroid Embolization (UFE) is a non-surgical treatment that may be a better option for many women with uterine fibroids than other surgical options. It blocks the flow of blood to the fibroid, making it shrink.

Before the Treatment

- Do not eat or drink for 4 hours before the treatment.
- You may take your medicines with a sip of water unless told not to by your doctor. Bring your medicines and/or a medicine list with you.
- Please tell your doctor or nurse if you have ever had a reaction to x-ray dye. If you have, you may need to take medicine 24 hours before the treatment to prevent this reaction.
- The treatment will be explained to you. You can ask any questions you have about the treatment, its risks, or how it will be done. Once your questions have been answered, you will sign a consent form for the treatment.
- A thin tube (catheter) placed in your bladder will keep it empty of urine. This will help keep you comfortable during the treatment.
- An IV (intravenous line) will be started through a vein in your arm. The IV will be used to give you medicine to keep you comfortable during the treatment.
- You should plan on staying overnight at the hospital.

During the Treatment

You will lie on a special table. The skin at your groin area will be cleaned. A numbing medicine will be used to keep you comfortable. A small flexible tube (catheter) will be put into your blood vessel (femoral artery) at the top of your leg. The doctor then steers the catheter into your uterine artery, which supplies blood to the fibroids. X-rays will be taken as the catheter is moved forward to make sure that it is placed correctly. Once the catheter is in place,

the doctor injects a special dye to look at the fibroids. Then small particles are injected through the catheter. They lodge in the blood vessels that feed the fibroids to stop their blood supply.

A nurse will be with you during the treatment. The nurse will watch your blood pressure and other vital signs and give medicine as needed for your comfort. The treatment is usually done within 90 minutes.

After the Treatment

You will stay in bed for 6 or more hours after the treatment.

You may feel pelvic cramps for several days after your UFE and possible mild nausea and low-grade fever as well. The cramps are most severe during the first 24 hours after the treatment and will get better quickly over the next few days. While in the hospital, the pain is usually well-controlled with pain medicine given through your IV.

Your IV can be taken out after you're taking fluids well and no longer need IV pain medicine.

There will be no diet restrictions after the treatment.

Your catheter can be taken out when you are able to get up to urinate on your own.

Once you return home, you will be given medicine for pain. You should be able to return to your normal activities within one to two weeks after the UFE. You cannot have sexual intercourse for two weeks. Do not use tampons for two weeks.

About 2-3% of women will pass small pieces of fibroid tissue after UFE. This happens when fibroid tissue located near the lining of the uterus dies and partially detaches.

The fibroid continues to shrink for a few months after the UFE. Your menstrual bleeding will be much less during the first cycle, then slowly increase to a new level that is usually better than before the treatment. The treatment is a success if symptoms are gone or greatly improved at three to six months after UFE.

The doctor will discuss the results with you and schedule follow-up care with your primary doctor or gynecologist.