UTERINE FIBROID EMBOLIZATION

DISCHARGE INSTRUCTIONS

**Level of Activity is Limited**

• Stair climbing: Keep to a minimum the first week, try to limit to one time, every eight hours.

• Exercise: Take it easy and slowly increase your activity over the next three to four days. While you will progressively feel better, you can anticipate a lack of energy and you should rest when you are tired.

• Shower: You may only shower for the next 7 to 10 days, and until groin puncture sites are completely healed.

• Sexual Relations: Nothing per vagina for 2 weeks. You may have unrestricted activity, including sexual relations and exercise two weeks after the procedure.

• Date to return to work: You will need two weeks off from work following the procedure.

• Driving: Do not drive until you are no longer taking the prescription pain medications (Percocet or Oxycontin). These medications may make you sleepy. You should also not operate any machinery or kitchen appliances while you are on these medications.

• Other limitations: No heavy lifting, pushing or pulling for 4 weeks.

**Diet**

• No restrictions.

• Increase fluids and fiber.

• You may have prune juice or over the counter mild laxative/stool softeners (such as Colace) to help keep your bowels soft. Constipation will make cramping worse.

**Groin Puncture Site**

• The arterial puncture site is at the groin region and is covered with a Band-Aid.

• You may shower each day.

• After showering, replace Band-Aid. Do this until the skin is completely closed.

• Observe the site. Some bruising is normal. As this heals, the bruising may spread out over several days.

• You may feel a small knot, about the size of a large pea, under the skin of the puncture site. This is normal and will fade in a few months.

• Notify VIV at the number listed above if there is any separation, drainage, redness, or severe pain at site.

• If you notice any swelling or active bleeding from the puncture site, which is very rare, call for help (911), lie down flat, and apply direct pressure with your fingers over top of the site until EMS arrives.

**Menstrual Periods, Vaginal Discharge, or Spotting**

• It is normal to have a brown or brownish red vaginal discharge or spotting after the embolization. This may continue for a few weeks or until your first period. Occasionally, patients can have a clear watery discharge for several weeks or months after the procedure. This does not indicate infection. Use a sanitary napkin until

any discharge stops. However, a thick or foul smelling discharge, particularly accompanied by a fever, shaking, chills, or pelvic pain may indicate infection.

• You will need to contact VIV at the number listed above or your gynecologist, if an infection is indicated.

• Your next menstrual period may start early or you may skip a period or two. The period may be better right away or some patients may not improve for 2 to 3 cycles.

• DO NOT use tampons for the next 2 periods. Use sanitary napkins only for the next 2 periods.

• You may have more discomfort with your first and possibly the second menstrual period. These increased cramps should resolve as the fibroids shrink over the next several months.

• Fibroids are estrogen driven. As they shrink, you may have a sudden change in hormones that my cause mild depression to “hot flashes.” This is usually self-limiting and requires no treatment.

**Medications**

• You will receive prescriptions for one or all of the following medications:

 \*Oxycontin 10mg take 1-2 tablets every 12hrs as needed for pain. *TAKE FIRST DOSE TONIGHT AT BEDTIME EVEN IF NO PAIN.*

 \*Percocet take 1-2 tablets every 4-6 hours as needed for pain.

 \*Naprosyn 500mg 3x a day for 10 days. *TAKE FIRST DOSE TOMORROW MORNING.*

\*Cipro 500mg 2x a day for 5 days. *TAKE FIRST DOSE TOMORROW MORNING.*

\*Zofran 4mg every 6 hours as needed for nausea.

**Constipation Management**

The medications you were given during your procedure; as well as, the medications you were prescribed to take after your procedure, tend to cause constipation. Constipation in the days after your procedure will increase your abdominal discomfort. Please follow these instructions to keep your bowel function regular after your procedure:

• Drink plenty of liquids to keep your body hydrated and to help keep your bowels functioning properly.

• Take Colace 100mg capsules (stool softener to prevent constipation, over the counter). The generic name for this medication is ducosate sodium. Take one table every 12 hours while you are taking any narcotic pain medication.

If you have not had a bowel movement within 24-35 hours after your procedure: Take 2 tablets of Senekot-S (over the counter) at bedtime.

If you have not had a bowel movement by the next morning (day 2):

Take 2 more tablets of Senekot-S in the morning

**Potential Problems**

 Symptoms that may indicate problems:

 \*Swelling or active bleeding from puncture sites

 \*Pain arising several days or weeks after the initial pain has resolved

 \*Elevated temperature (> 101 ° F)

 \*Irregular vaginal discharge that is foul smelling

• If these symptoms occur, contact VIV at the number listed above or your gynecologist immediately.

**Follow-up Care**

• Schedule an appointment with your gynecologist 1 month after the procedure.

Patient Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_

Physician Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_

Witness Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_