



Discharge Instructions

UTERINE FIBROID EMBOLIZATION

A fibroid is a benign growth in the uterus, which may cause pelvic pressure, increased menstrual bleeding and urinary problems. The treatment involves blocking or plugging the arteries that supply blood to the fibroid.



If you have any questions about the procedure, you can call **Dr. Mujoomdar**

Before You Come for the Procedure

- If you develop a cold/chest infection/coughing, or a vaginal infection or are started on antibiotics for any reason, please call Dr. Mujoomdar. The procedure may need to be postponed.

After the Procedure

- There is a short recovery time of about 1 to 2 weeks. You may feel tired for a few days after the procedure.
- You may have some vaginal discharge. The amount varies with each patient. You may pass some pieces of fibroid tissue as well.
- Pelvic cramping and pain usually follows the procedure due to the fibroid suddenly being deprived of blood. Your abdomen may feel full. This can continue for weeks.
- Remove the Bandaid from your groin puncture site in 48 hours after the procedure. Leave the site open to the air.
- If you have bleeding at the puncture site, apply firm pressure directly on the site and go to the nearest hospital.
- A low-grade fever (below 38.5°C) is not uncommon for 1 to 3 days after the procedure.

Pain Management

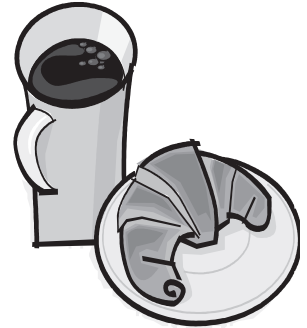
- You will be given a prescription for pain pills. Use them as prescribed. Pain pills can cause constipation. You can buy stool softener capsules at the drugstore, to decrease this effect.
- You will also be given a prescription for anti-inflammatory pills (usually Motrin or Ibuprofen) for 7 days. Take this medication regularly as prescribed, to prevent discomfort.

Activity

- You may not drive a car or work with machinery for at least 48 hours after the procedure.
- Return to other normal activity as tolerated.
- You may shower or bath as usual.
- You will be able to return to work in 1 to 2 weeks after the procedure.
- Return to your normal sexual activity when comfortable.

Diet

- You may have some nausea after the procedure. Resume your normal diet as tolerated.
- Drink 6 to 8 extra glasses of fluid a day. Increase the fibre in your diet (fruits, vegetables, grains) to prevent constipation from the pain pills. If your bowels have not moved after two days, take a gentle laxative (example: Milk of Magnesia).



Follow-up Care

- Keep your appointment with Dr. Mujoomdar and your Gynaecologist.
- Keep your appointments for your imaging at 3, 6 months and 1 year post procedure.

Go to the Emergency Department of the hospital closest to you if:

- You need emergency or immediate medical attention
- You develop a fever greater than 38.5°C
- You are having trouble or are unable to pass your urine
- Your vaginal flow is heavy and bright red

Contact Dr. Mujoomdar if:

- Your pain increases
- Your vaginal flow becomes greater than it was when you were discharged from the hospital
- Your vaginal flow is foul smelling

To reach Dr. Mujoomdar:



- Call 519-685-8500, ext. 54965 from 7:30 am to 3:30 pm, Monday to Friday
- Call 519-685-8500, ext. 55345. Leave your name, phone number and a message. A nurse will call you back.