

## **FAQ -After your UFE....**

**When can I take my bandage off?** You are welcome to remove the bandage at your groin the day following your procedure.

**How long will my cramping last?** Once you are discharged you will be given Ibuprofen and a narcotic pain medicine. We encourage you to take the Ibuprofen regularly at least for the first few days as this treats inflammation. As the inflammation lessens so too will the cramping. The narcotic pain medication will also help with cramps which should go away over the first week or so.

**When can I expect to resume normal activities following UFE?** The first 2-3 days following UFE can sometimes be difficult, with intermittent crampy pelvic pain and fatigue. This is caused by the breakdown of the fibroids and is a necessary step toward recovery. Most patients are back to their usual activities within a week.

**When can I resume using tampons or engage in sexual activity?** Sexual activity can be resumed usually in 7-10 days. For those who typically use tampons, another form of protection is advised for the first cycle after UFE.

**What if I develop a fever?** Low grade fevers, less than 101.5 F, may occur as part of your body's response to the embolization called "post embolization syndrome". This may be accompanied by malaise, nausea/vomiting and pelvic pain. These symptoms are treated with your pain and nausea medications and are usually limited to a week. If you have high fevers, foul smelling vaginal discharge, shaking chills or other signs of infection be sure to call your IR.

**When should I follow up with my interventional radiologist (IR)?** During the first week your IR or their assistants will call and check in on you. If you have questions or concern please give us a call at the number provided at discharge. You do not have to return to the IR, but we do repeat your MRI at 6 months following your procedure?

**When should I follow up with my gynecologist/family practitioner?** You should follow up with your doctor for your next annual examination unless otherwise indicated to you by your doctor.

**What happens to the fibroids following embolization?** Once the fibroid blood supply is cut off the tissue dies, softens, and slowly shrinks as it is reabsorbed by the body. You may pass small amounts of tissue, but we do not expect you to pass large fibroids.

**Is spotting normal?** After the UFE you may experience vaginal spotting or an early or delayed menstrual cycle. This is hard to predict, but let your IR know if you have any additional questions about your cycle.

**UTERINE  
FIBROID  
EMBOLIZATION:  
LIFE AFTER UFE!**

