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# Discharge Instructions for Uterine Fibroid Embolization

You just had a uterine fibroid embolization. This is also called a uterine artery embolization. Uterine fibroids are tumors that are not cancerous (benign). Uterine fibroid embolization stops the blood supply to the tumor without surgery. This treatment causes the fibroids to shrink. To do this, a healthcare provider injects small particles into the blood vessel that brings blood to the fibroid. These particles build up in the artery and block blood flow to the fibroid causing it to shrink. During this procedure, your healthcare provider makes a cut (incision) in your groin. A thin tube called a catheter is put through a blood vessel in your leg that runs to your uterus. Here's what to do at home after this procedure.

## Activity level

- Limit your activity for 2 days.
- Ask a friend or family member to stay with you as you rest in bed or on the couch.
- Slowly increase your activities during the week after the procedure.
- Don't drive for 24 hours.
- Don't climb stairs for 2 days.
- Don't lift anything heavier than 10 pounds for 1 week.
- Don't bend at the waist for 2 days.
- Ask your healthcare provider when you can go back to work.

## Other home care

- Don't be alarmed by vaginal discharge that is grayish or brown in color. This is from the breakdown of the fibroid. It's normal.
- Your periods may be different than before the procedure. Ask your healthcare provider what you should expect.
- You may be given pain medicines and other medicines to take at home. Take these medicines as directed. Don't skip doses.
- Your healthcare provider will tell you when you can resume your normal medicines.
- Unless otherwise directed, drink 6 to 8 glasses of water every day. This helps to prevent dehydration. It also helps flush your body of the dye that was used during the procedure.
- Take your temperature and check your incision site every day for a week. Look for signs of infection, such as redness, swelling, or warmth. Tell your healthcare provider if you have any of these symptoms.
- Ask your healthcare provider when it is safe to swim or take a bath.

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## Follow-up care

Make a follow-up appointment with your healthcare provider, or as directed.

## When to call your healthcare provider

Call your healthcare provider right away if any of the following occur:

- Constant or increasing pain or numbness in your leg
- Severe or abdominal pain that gets worse
- Vaginal discharge increases or has a foul odor
- Fever of 100.4°F (38°C) or higher, or as directed by your healthcare provider
- Chills
- Signs of infection, such as redness, swelling, or warmth at the incision site
- A leg that feels cold or looks blue
- Blood in your urine
- Black or tarry stools

## Call 911

Call 911 if you have shortness of breath.