

MCRG Interventional Radiology Patient Discharge Education Post Uterine Artery Embolization Instructions

Post-Procedure Pain

- Intensity of pain will vary based on the individual.
- Plan to take the ibuprofen three times a day for at least four days. If needed, continue ibuprofen for one week.
- If necessary you may take Percocet for added pain management.
- Do not stop taking the ibuprofen when you take the Percocet.

Medications

- Ibuprofen 800mg (anti-inflammatory): Can be taken by mouth with food, three times a day. Continue for at least four days, or longer if needed.
- Percocet (analgesic): Can be taken every six hours if ibuprofen does not control the pain. Do not drive while taking this medication because it can make you drowsy.
- Colace, Dulcolax, **or** Senokot (stool softener): Can be taken twice a day, once in morning and once in evening. Discontinue when no longer needed.

Sample Medication Schedule after Uterine Artery Embolization

Day1-3

7AM: Ibuprofen 800mg, *Percocet 1-2 tabs if needed*
1PM: *Percocet 1-2 Tabs if needed*
3PM: Ibuprofen 800mg
7PM: *Percocet 1-2 Tabs if needed*
11PM: Ibuprofen 800 mg, *Percocet 1-2 Tabs if needed*

**If experiencing constipation, this is likely related to pain medication, you should take laxatives such as Senokot, Ducolax, or Colace (once at morning and once at evening).

Day 4-5

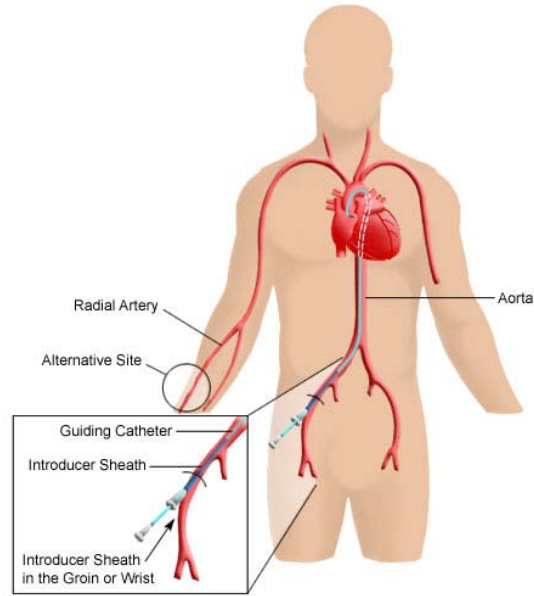
7AM: Ibuprofen 800mg
3PM: Ibuprofen 800 mg
11PM: Ibuprofen 800mg

Day 6-10

7AM: Ibuprofen 800 mg
3PM: Ibuprofen 800mg
11PM: Ibuprofen 800mg

Catheter Insertion Site:

Uterine Artery Embolization (UAE) procedures may be performed in the femoral artery in the groin (in the area at the top of your thigh) or in the radial artery in your arm. When you go home, there will be a bandage (dressing) over the catheter insertion site (also called the wound site).



Instructions for going home after your procedure

Care for the Catheter Insertion Site:

- The morning after your procedure, you may take the dressing off. The easiest way to do this is when you are showering, get the tape and dressing wet and remove it.
- After the bandage is removed, cover the area with a small adhesive bandage. It is normal for the catheter insertion site to be black and blue (bruised) for a couple of days. The site may also be slightly swollen and pink, and there may be a small lump (about the size of a quarter) at the site.
- You may feel a knot at the catheter insertion site if a closure device was used at the end of the procedure. This will resolve in one to two weeks following the procedure.
- You may experience numbness and tingling (paraesthesias) at the insertion site or the extremity used for the procedure. This will get better over time, usually one to two weeks after the procedure.
- Wash the catheter insertion site at least once daily with soap and water. Place soapy water on your hand or washcloth and gently wash the insertion site; do not rub.
- Keep the area clean and dry when you are not showering.
- Do not use creams, lotions or ointment on the wound site.
- Wear loose clothes and loose underwear.
- Do not take a bath, tub soak, go in a Jacuzzi, or swim in a pool or lake for one week after the procedure.

Activity Guidelines:

Generally, you will need to take it easy for the first two days after you get home. You can expect to feel tired and/or weak the day after the procedure. Take walks around your house and plan to rest during the day.

For Femoral Procedure:

- Do not strain during bowel movements for the first 3 to 4 days after the procedure to prevent bleeding from the catheter insertion site.
- Avoid heavy lifting (more than 10 pounds) and pushing or pulling heavy objects for the first 5 to 7 days after the procedure.

- Do not participate in strenuous activities for 5 days after the procedure. This includes most sports - jogging, golfing, play tennis, and bowling.
- You may climb stairs if needed, but walk up and down the stairs more slowly than usual.
- Gradually increase your activities until you reach your normal activity level within one week after the procedure.

For Radial Procedure:

- Do not use the wrist used in the procedure to lift more than 2 pounds for 24 hours.
- Do not participate in strenuous activities for 2 days after the procedure. This includes most sports - jogging, golfing, play tennis, and bowling.
- Do not use a lawn mower, motorcycle, chainsaw or all-terrain vehicle for 48 hours.
- Gradually increase your activities until you reach your normal activity level within two days after the procedure.

Flu-Like Syndrome Following Procedure

- Following the embolization you may experience flu-like symptoms (tired and achy)
- Rest, fluids, and ibuprofen should alleviate these short-lived symptoms.
- If they persist or you have a high fever or onset of severe pain, please call the Interventional Radiology administrative number at 407-649-6823. If after 5PM or on the weekends, please call (321) 841-8122.

Vaginal Bleeding/Discharge

- Vaginal bleeding is common following embolization.
- It can begin day of procedure and may last a few days.
- It is recommended to use a sanitary pad and to not use a tampon.
- If bleeding is exceptionally heavy or lasts longer than four days, please call the Interventional Radiology administrative number at 407-649-6823. If after 5PM or on the weekends, please call (321) 841-8122.

Activity and Exercise

- Avoid strenuous activity or exercise for two days.
- Day three following the procedure you can begin driving (provided not taking Percocet)
- Wait one week after the procedure before beginning exercise, and proceed with caution.
- Resumption of sexual activity should be postponed for at least one week or until you feel well and have no vaginal discharge.

Diet

- Your usual diet can be resumed based upon how well you are feeling.

Return to Work

- It is recommended to be off work at least one week.
- It is possible recovery may take two weeks.

When to Call Interventional Radiology

- Fever/Chills: Fever greater than 101° F and lasts longer than one day.
- Pus or foul smelling vaginal discharge.
- Worsening pelvic pain: Prolonged pelvic pain similar or worse than the pain immediately after the procedure.

- Groin or wrist bleeding (bleeding or bruising at angiogram site): If there is bleeding or bruising increasing in size at groin or wrist puncture site, apply manual pressure (with your hand) on site and call Interventional Radiology. If bleeding is very heavy, call 911.
- Vaginal Bleeding: Moderate bleeding is to be expected following procedure. If heavy bleeding persists and/or reoccurs after stopping, call Interventional Radiology.

Follow-Up

- Three to six months after the UAE, there will be a follow-up appointment and we may request a post-procedure MRI.
- We will contact you to schedule your follow-up appointment.

When to Get Medical and Emergency Help:

Call our non-emergent line at (321) 841-8104: As above, “When to call Interventional Radiology”.

Go to your nearest Emergency Department: You have shaking chills or a temperature over 101°F.

Interventional Radiology Contact Information

Office Hours 8:00 am - 5:00 pm

Non-emergent questions:

Phone: (407) 649-6823 Fax: (407) 246-0374

Email: IRSupport@MCRG.com – *non urgent concerns only*

IR Clinic Scheduling:

Phone: (321) 841-8104 Fax: (407) 649-7873

Email: IRSupport@MCRG.com – *non urgent appointment requests only*

For all Urgent issues:

On nights and weekends for immediate concerns you may

Page the Interventional Radiologist at:

(321) 841-8122

Or call your Doctor.