

Uterine Fibroid Embolization -Frequently Asked Questions

- **What are the beads made of?**
 - The beads are made of either polyvinyl alcohol (PVA): small particles that are safe for the body and stay in place permanently or trisacryl gelatin microspheres (like Embospheres): soft, round beads that are also permanent and safe.
- **Are the beads permanent?**
 - These materials are designed to block the blood supply to fibroids. They stay in place permanently and are not harmful.
- **Can I take my morning medications the day of my procedure?**
 - You can take your normal morning medications the day of your procedure with a small sip of water, with the exception of blood thinning medications and diabetic medications. If you normally take medication for blood pressure in the morning, please take this medication.
- **Consent:**
 - You will need to sign a written consent for the procedure to be performed, which will be given to you at your procedure. Full details of the procedure, including relevant risks are discussed during the consultation.
- **How long is the procedure?**
 - For most people the procedure is approximately one hour. However, everyone's anatomy is different. In some cases, the procedure can be less than an hour or sometimes more. After the procedure, you will recover by lying flat for approximately 1 hours.
- **Will I be asleep during the procedure?**
 - You will receive light sedation. We do not use general anesthesia or deep sedation. It is a light twilight sedation. You may or may not fall asleep, but you will not be "knocked out."
 - The procedure is generally not painful. The only thing you will typically feel is the numbing medication, which feels like a bee sting for about 5 seconds.
 - At the end of the procedure, when the vascular closure device is placed, you may feel some pressure or brief discomfort at the site. This is normal and usually lasts only a short time.

- **Are there any restrictions after my procedure?**
 - Do not lift anything over 10 pounds for one week. No squatting, straining, or activity more vigorous than walking for one week. Using stairs is ok. Please review your discharge instructions for more details. These restrictions are to prevent bleeding at the puncture site.
- **What kind of symptoms can I expect after my procedure?**
 - Pelvic cramping, fatigue, nausea, low-grade fever, and flu-like symptoms are common.
- **How long will symptoms last after my procedure?**
 - For most people, symptoms usually improve within a few days to one week. Some fatigue or cramping may last longer. Medications will be provided to help manage symptoms.
- **When will I notice improvement?**
 - Improvement is gradual. Some relief may be noticed within weeks, with maximum improvement over 3-6 months as fibroids shrink.
- **What if I have vaginal bleeding or discharge?**
 - Light bleeding or discharge can occur and is usually normal. Contact your provider for heavy bleeding, foul-smelling discharge, fever over 101°F, or worsening pain.
- **Will the procedure affect my bowel movements?**
 - Generally, there is no effect on bowel movements. However, we do not want you straining for 1 week after the procedure. If constipation is a problem, you should address this ahead of time.
- **Are there effects on fertility or menstrual cycles?**
 - Most patients continue menstruating, though cycles may be temporarily irregular. Pregnancy is possible after UFE, but fertility outcomes vary and should be discussed prior. You may start wearing a tampon as soon as you feel comfortable.

- **When can I resume sexual activity?**
 - You may resume sexual activity one week after the procedure.

- **Who do I contact if I have any issues after the procedure?**
 - Please contact PrecisionIR for any issues, Monday – Thursday between 7:30 and 4 p.m. The phone number is 947-228-5500.
 - In an emergency, after 4:00 p.m. or on the weekend, please call 911. You can also text your physician: Dr. Vartanian 248-444-8171, Dr. Cash 734-377-2450, or Dr. Savin 248-207-6808.



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