

# UTERINE FIBROID EMBOLIZATION

## POST-PROCEDURE INSTRUCTIONS

### GENERAL INSTRUCTIONS:

1. Take it easy. Do not plan to do much except recover for five to seven days.
2. **NO** strenuous exercise or lifting for two or three days. Taking a short walk daily is encouraged.
3. Take your pain and nausea medications as needed. Please let us know if your pain and/or nausea are not adequately controlled on the prescribed medications. A heating pad to the lower abdomen (while awake) may help.
4. Low grade temperature and flu-like symptoms are a normal part of post-embolization syndrome.
5. **NO** soaking in a bath (or pool) for 24 hours. Showers are fine.
6. **NO** driving or operating machinery while on pain medications.
7. **NO** alcohol while on pain medications.
8. Watch for high fevers, swelling, pain, or bleeding at the groin puncture site. Let us know immediately if you have any problems.
9. Diet: start with liquids or bland solid foods. Advance diet as tolerated. Try to drink a lot of fluids.
10. Have someone available to check in on you and help you if necessary.
11. Hot flashes and light vaginal spotting or clear vaginal discharge are not uncommon following UFE. Passage of tissue vaginally is also possible.
12. Constipation is very common after this procedure and is usually caused by the pain medications. Pick up an over-the-counter stool softener (i.e. Colace) and start taking it. Take a stool softener twice a day. It may be necessary to take a laxative and/or an enema if you have not had a bowel movement in three days.

### MEDICATION INSTRUCTIONS:

#### Day One: (Day of discharge from hospital)

1. Augmentin (Amoxicillin + Clavulanate) 500mg twice a day.
2. Ketorolac (Toradol) 10mg one tablet every 6 hours.
3. Norco (Hydrocodone) one tablet every 6 hours as needed for pain. \*For severe pain, you may take up to two Norco tablets every six hours, but **DO NOT** exceed six tablets in a 24 hour period.
4. Colace 100mg twice a day.

#### Days Two and Three:

1. Augmentin (Amoxicillin + Clavulanate) 500mg twice a day.
2. Ketorolac (Toradol 10mg) one tablet every 6 hours.
3. Norco (Hydrocodone) one tablet every 6 hours as needed for pain. \*For severe pain, you may take up to two Norco tablets every 6 hours, but **DO NOT** exceed six tablets in a 24 hour period.
4. Colace 100mg twice a day.

#### Days Four and Five:

1. Augmentin (Amoxicillin + Clavulanate) 500mg twice a day.
2. **Ibuprofen** 600mg every 6 hours as needed for pain. Take Norco only for severe pain.
3. Colace 100mg twice a day.

#### Days Six and Seven:

1. Augmentin (Amoxicillin + Clavulanate) 500mg twice a day.
2. Ibuprofen 600mg every 6 hours as needed for pain.
3. Colace - continue taking twice daily until having regular bowel movements.

### IMPORTANT MEDICATION INFORMATION:

- You may alternate Norco (Hydrocodone) and Toradol (Ketorolac) every 3 hours for best pain control.
- If the Norco and Toradol do not adequately control the pain, please call.
- **DO NOT** take Ketorolac (Toradol) and Ibuprofen at the same time. Take Ibuprofen only after taking all of the Ketorolac and you are still experiencing pain.

**Question or problems? Call Laura Urbanelli, PA-C or Jessica Alayon, PA-C at 832-355-9122  
After hours, please call 832-355-4010**

### Remember to:

**Call your Gynecologist to schedule a follow up visit in 4 weeks.**