

Advice after your procedure for Uterine Artery Embolisation (UAE) for fibroids

Information for patients



This information leaflet contains important information about your recovery after your procedure. Please read it and keep it in a safe place. You may need to show it to medical staff in the future.

Patient name:
Date of Birth:/...../.....
Procedure date:/...../.....
Operator:

You have been discharged with medication to take home

- Paracetamol 500mg tablets.
- Lactulose liquid
- Codeine 30mg tablets.
- Oxynorm liquid
- Ibuprofen 200mg tablets
- Tramadol 50mg tablets
-

You should take two tablets of paracetamol four times daily and two tablets of ibuprofen three times daily regularly for the first 48 hours after the procedure. Take them only when you need them after that.

Take codeine **OR** oxynorm **OR** tramadol (**but not all three**) in addition to the paracetamol and ibuprofen if you need to. Ibuprofen should not be taken on an empty stomach.

You should take the lactulose liquid 10ml (two teaspoons) two times daily regularly for a week as you may get constipation with the other medications prescribed.

Do not exceed the maximum doses stated on the packaging.

Do not take additional over-the-counter medications without discussing carefully with the pharmacist and showing them this leaflet.

After the procedure

In the first 48 hours after the procedure you should avoid heavy exertion. After that you may do as much or little as you like though you may find that you are limited by the side-effects of the procedure (see below). We find that most people will need about two weeks off work.

Side-effects of the procedure are:

- lower abdominal pain
- mild nausea
- mild fever and
- malaise (a feeling of being 'washed-out' or having flu-like symptoms).

These usually last for 10-14 days following the procedure. The symptoms are usually mild and easily manageable with the medication you have been given to take home. They will improve with time.

If you experience severe pain or high fever, if your symptoms are deteriorating with time rather than getting better, if they persist for longer than two weeks or if you have any other concerns please contact:

Vascular radiology theatres on **0113 206 6841** or

The vascular radiology clinical nurse specialist (Mr Jonathan Pearce) on **0113 392 8024** who can arrange for you to be reviewed. These numbers are staffed during normal office hours (8.30am - 5pm).

If you require emergency assistance outside of normal working hours, please contact your local GP, A&E or gynaecology department. It is essential that you show this leaflet to the doctors seeing you.

In the weeks following the procedure, as the fibroids degenerate, you may find you pass small quantities of tissue or have persistent discharge. This is not unusual. If the discharge is foul smelling or if you experience pain or fever you should contact vascular radiology (numbers on page 4). Please avoid the use of tampons until you have been reviewed in clinic (the use of other sanitary protection such as pads is OK).

Follow up

A radiology clinical nurse specialist will contact you by telephone about two week after the procedure and again about seven weeks after the procedure to see how you are.

We will arrange to see you in clinic at six months following the procedure. It can take this long for the procedure to take full effect. If you wish to be seen sooner than this please contact the radiology secretaries (**0113 392 3504**).

Questionnaire

We may send you a short questionnaire after the procedure asking about your experiences of the vascular radiology service and if you have any suggestions for improvements. If you receive one of these we would be grateful if you could complete it and return it in the self-addressed envelope provided.

Instructions to clinical teams reviewing patients following UAE

Thank you for reviewing this patient who has undergone uterine artery embolisation for fibroids. We would be grateful if you would examine her (including pelvic examination) and obtain blood for FBC, U&E and CRP.

In hours, please then contact the vascular radiology department in Leeds or vascular radiology clinical nurse specialist (numbers as above) to discuss the patient with a consultant vascular radiologist. Imaging, if deemed necessary, can be arranged after discussion with the vascular radiologist.

Urgent cases out-of-hours should be discussed with the on-call vascular radiologist (via LTHT switchboard, **0113 243 2799**).

Complications following uterine fibroid embolisation are uncommon, but if they do occur, are often indolent in onset and difficult to diagnose. As a department, we have a very low threshold for requesting further investigation and imaging if patients are not progressing entirely as expected. In particular, while symptoms of post embolisation syndrome are common in the immediate post-procedural period, it is very uncommon for them to persist for more than two weeks.

It is therefore essential that all cases attending for clinical review after UFE are notified to - and discussed with - the vascular radiology department in Leeds.

Many thanks for your assistance.



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