



UTERINE ARTERY EMBOLIZATION HOME CARE INSTRUCTIONS

Please review this information prior to leaving the clinic. We encourage you to discuss any questions or concerns with the staff prior to being sent home.

MEDICATIONS – ALL PAIN MEDICINES MUST BE TAKEN WITH FOOD (saltine cracker, dry toast, noodle soup).

- Motrin 800mg: Take every 6 hours while awake **with food**. Motrin is a powerful anti-inflammatory/analgesic and should be taken for the first 4 days or longer, if needed.
- Oxycodone 5mg: Take every 2 hours as needed for pain. Take **with food**. Oxycodone is a powerful narcotic that should only be taken if the pain is not being controlled by Motrin. This medication will cause constipation. You cannot drive while on this medication.
- Colace 100mg: Take twice daily for 5 days. Colace is a stool softener. Start taking it the day after the procedure.
- Phenergan 25mg: Suppository. Use rectally, every 8 hours as needed for nausea.

*** *Motrin & Oxycodone should be taken at least 1-2 hours apart with **food**.*

POST PROCEDURE PAIN – USE A HEATING PAD

Post-procedure pain is to be expected. The intensity of pain varies from person to person. For a more comfortable recovery, take the Motrin every 6 hours with food for the first 4 days, even if you do not feel pain. The oxycodone may also be used to help with the pain. Do not take oxycodone on an empty stomach. Do not stop taking the Motrin if you take oxycodone. Keep in mind the oxycodone causes constipation; most pain felt after day 3 is caused by constipation.

CONSTIPATION -

Most pain felt after 3 days is caused by constipation. Drink “Smooth Move” tea, prune juice (warm), black coffee or used what has helped you to have bowel movements in the past. Miralax (laxative) is a good choice. If no bowel movement for 3 days, stop the oxycodone and try Magnesium Citrate (½ bottle at a time) until you have good results. Increase fluid intake, walk around the house. You do not have to have a daily bowel movement, but try to not exceed 3 days without a bowel movement.

NUTRITION -

- Day of procedure: Clear liquids (water, tea, Gatorade, broth, jello) advance as tolerated to soft diet such as pudding, ice cream, smoothies, etc. Drink plenty of fluids.
- Day 2: Small meals, crackers, toast, chicken soup. Drink plenty of fluids.
- Day 3: Resume a regular diet **only if** you are able to have a normal bowel movement.

** Solid foods turn into hard stool, watch your food intake and your bowel movements. Fluids, fluids, fluids!!

** Avoid carbonated beverages, it will cause gas pains. Gas Ex is recommended for gas bloating.

** Avoid spicy and fried foods.

VAGINAL BLEEDING/DISCHARGE -

Vaginal bleeding and discharge post-procedure is normal. It may also last a few weeks. Please retain



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from using tampons during first cycle. If bleeding is heavier than usual or persists for longer than 4 days please call the office.

PUNCTURE SITE CARE -

The dressing applied to the groin may be removed the following day; it is ok to shower at that time. Clean site with soap and water. Do not scrub. Towel dry gently. Leave the smaller 'steri-strips' over the puncture wound until they fall out on their own. Reapply a bandaid over the site after removal of original dressing for 5 days. **NO BATHS OR SWIMMING POOLS FOR 2 WEEKS (no soaking).** Until the site is healed: **AVOID LIFTING HEAVY OBJECTS FOR # DAYS (over 10 lbs).** Apply gentle pressure over site for first 3 days with palm of hand while sneezing, coughing, or during bowel movements. It is normal to experience a slight bump or groin tenderness which may last up to a week, and some bruising or discomfort.

VASCADE CLOSURE SYSTEM -

Please refer to brochure given to you concerning closure device.

ACTIVITY AND EXERCISE -

Avoid all strenuous activity and exercise for the first two weeks. Small amounts of exercise can be introduced in week 3 of recovery. Start slow and work yourself up gradually.

No sexual activity for two weeks post procedure.

POST PROCEDURE FLU-LIKE SYNDROME -

Having flu-like symptoms (body aches, fatigue, and low-grade fever) is NORMAL. This syndrome is short-lived and self-limiting. Increase your fluid intake and continue taking Motrin. Symptoms should go away within a few days. If your symptoms last longer than 3 days or fever gets higher than 101.5, call our office.

RETURN TO WORK -

We advise you to take a least one week off work. If your job requires strenuous physical activity, we recommend taking 2 weeks off work. Do not rush your recovery period. In some cases, recovery takes up to 2 weeks and that is normal. Recovery time varies from patient to patient.

Call the doctor if:

- You develop a fever that is greater than 101.5.
- You have vaginal discharge that is pus-like.
- Your pelvic pain is significantly worse than day 1 of getting the procedure done.
- You have bleeding or pus-like drainage from the puncture wound. A quarter size blood stain is normal. If blood is visibly dripping and soaking up a dressing, hold manual pressure over the wound, lay flat, and do not move that leg for 2 hours. If the bleeding continues after holding manual pressure for 25 minutes, call Dr. physician on call @ the number on your discharge folder.

If you have any additional concerns, call our office during business hours _____.

If it is a medical emergency and our office is closed, you may contact Dr. _____.