

Preparing for your Procedure.

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Before your procedure, prepare your home and your family. Even though UFE is a minimally invasive procedure with a short (usually only one week) recovery time, you will want to be sure that you are able to make your recuperation as comfortable as possible.

Your family physician or gynecologist has referred you for a Uterine Fibroid Embolization (UFE) procedure. Chances are, you are ready to take back control of your body from your symptomatic and problematic fibroids! Congratulations! You are well on your way.

You may have had an evaluation at your doctor's office, or possibly a pelvic ultrasound. A pap smear, a good physical exam, and possibly an endometrial biopsy are all important aspects of preparing you for your procedure. Another test you will need to have, unless there is a contraindication, is an MRI. An MRI uses a special dye called gadolinium and a machine with magnets to give excellent imagery of your pelvis, and identify the size and type of fibroids you have, as well as the vasculature to your uterus.

Your MRI can usually be scheduled in conjunction with a consultation visit with the Interventional Radiologist. During this visit you will meet with a Physician Assistant or Nurse Practitioner to go over all your medical history and to explain in detail about the procedure. Please be sure to bring a list of your current medications and allergies. You will also meet with the Interventional Radiologist to review your MRI and further discuss your procedure. After you and your IR doctor have determined that UFE is right for you, you will be instructed how to schedule your procedure. We can usually schedule procedures as soon as the following week, pending insurance verification.

For the first 48 hours, arrange for a responsible adult to stay with you to assist you with meals, medications, and comfort measures. It is advisable to make other arrangements for children or excitable pets so that your rest and recovery is uninterrupted.

Identify a couple of different locations in your home where you will feel comfortable and have ease of access to necessities, such as the bathroom, television, and beverages. Some common places are the sofa or a favorite recliner chair. Limit bed rest to night time sleeping, to encourage yourself to move around off and on throughout the day.

Some items you may want to have on hand:

- heating pad or hot water bottle
- favorite beverages for hydrating (non-alcoholic)
- over-the-counter medications to help with constipation (Dulcolax, Miralax, Correctal, etc)
- light snacks or meals that are easy to prepare or re-heat (nothing heavy, as nausea can be a problem)
- comfortable clothes that are loose around the waist

You will also want to have easy access to your pharmacy in case you need medications refilled.

Many employers require a doctor's note or paperwork to be completed for time off work. UFE only requires one week off work; however, if your job requires this paperwork, you can bring it with you to the consultation or on the procedure day.

Most importantly, bring your questions! Make a list if you need to, to help you remember specific items. We want you to feel completely informed prior to your procedure!