

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.
3. Take your pain and nausea medications as needed. Do not “fall behind” the pain. Please let us know if your pain and/or nausea are not adequately controlled on the prescribed medication regimen. A heating pad to the lower abdomen (while awake) may help.
4. Take your temperature twice daily for a week. Let us know if it exceeds 101° F. 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 or anti-inflammatory 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 as tolerated. Avoid dairy products.
10. Have someone available to check in on you and help you if necessary.
11. Light vaginal spotting or clear vaginal discharge is not uncommon following UFE. Passage of tissue or a fibroid vaginally is also possible. Please let us know if this happens.

MEDICATION INSTRUCTIONS:

Day One: (Day of discharge from hospital)

1. Augmentin (Amoxicillin + Clavulanate) 500mg twice a day.
2. *Norco (Hydrocodone 10mg) one tablet **and** Ketorolac (Toradol 10mg) one tablet every six 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.
3. Phenergan (Promethazine) one or two 12.5mg tablets every six hours as needed for nausea.
OR
If vomiting, Phenergan (Promethazine) 25mg rectal suppository every 12 hours as needed.

Days Two and Three:

1. Augmentin (Amoxicillin + Clavulanate) 500mg twice a day.
2. *Norco (Hydrocodone 10mg) one tablet **and** Ketorolac (Toradol 10mg) one tablet every six 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.
3. Phenergan (Promethazine) one or two 12.5mg tablets every six hours as needed for nausea.
OR
If vomiting, Phenergan (Promethazine) 25mg rectal suppository every 12 hours as needed.

Days Four and Five:

1. Augmentin (Amoxicillin + Clavulanate) 500mg twice a day.
2. Norco (Hydrocodone 10mg) one tablet and **Ibuprofen** 400mg every six hours as needed for pain.

Days Six and Seven:

1. Augmentin (Amoxicillin + Clavulanate) 500mg twice a day.
2. Ibuprofen 400mg every six hours as needed for pain.

IMPORTANT MEDICATION INFORMATION:

- You may alternate Norco (Hydrocodone) and Toradol (Ketorolac) every 3 hours for best pain control.
- Pick up an over the counter stool softener (i.e. Colace) and start taking it. The pain medications tend to cause constipation.
- If the Norco and Toradol do not adequately control the pain, start taking Morphine (MS Contin). **DO NOT** take this medication with the Norco. You may continue to take the Toradol.
- **DO NOT** take Ketorolac (Toradol) and Ibuprofen simultaneously. Take Ibuprofen only after the Ketorolac supply is exhausted and you are still experiencing pain.

****To reach Dr. Fischer 24-Hours a day, please call 832-355-4096 and have him paged****

Remember to:

Call 832-355-4112 to schedule your one week follow up visit with Dr. Fischer
Call your Gynecologist to schedule a follow up visit in 4 weeks