

Date:
Time:
Doctor:

## Newly Diagnosed With Uterine Fibroids

### ‘Watchful waiting/observation’

- How many uterine fibroids do I have?
- What types of fibroids do I have and where are they located (outer and/or inner surface or the wall of the uterus)? Refer to ‘Types of Fibroids Guide’.
- What is the size of my fibroid(s) and uterus?
- Will my fibroids and uterus grow larger?
- Will I be monitored by an ultrasound or MRI periodically to see if my fibroids are growing? How often will this be done (every six months, year, etc.)?
- If I need to have an endometrial biopsy performed how should I prepare for it?
- What symptoms or problems could I experience from the fibroids?
- Do you think I can wait for menopause to shrink the fibroids?
- What are ALL the options available today for uterine fibroid disease? What is your viewpoint on medical therapy, myomectomy, and uterine artery embolization, etc.? **(Remember, you do not want just the procedures the doctor performs, but ALL the procedures.)** Refer to ‘Methods for Management of Uterine Fibroids Treatment Guide’.
- What are the side effects and risk factors of each treatment?
- What is the recovery period for the different procedures?
- If my fibroids start causing problems, which fibroid treatment would you recommend?
- Will the fibroids cause problems with my fertility?
- How long has this doctor performed the procedure he/she mentions and how many patients has the doctor performed the procedure on? What is the success rate for the procedure the doctor performs? Has the doctor received the proper training for the procedure he/she mentioned?

**(Do you feel comfortable with this doctor? Is the doctor positive or a negative doctor in the way he/she expresses their medical opinions?)**

***Note:* Gynecologist (GYN) performs myomectomy, hysterectomy, endometrial ablation, da Vinci Robotic surgery, and medical therapy. Interventional Radiologist (IR) perform Uterine Artery Embolization (UAE).**

**ADDITIONAL questions that pertain to my medical situation:**

**The following information should be taken to the doctor consultation: Refer to ‘Diagnosing Uterine Fibroid Tumors’.**

- **Lab tests, sonograms, MRI, pap test results, etc. relative to your current medical condition.**
- **The paperwork the doctor’s office sent you to fill out.**
- **Medical insurance information - (Physician information - doctor names and addresses)**
- **Calendar that tracks your symptoms is helpful to the doctor and you when reviewing your medical condition. (Don't forget your menstruation date).  
DATE \_\_\_\_\_**
- **Medical history that includes your surgery and medication information.**

**Patient Discussion Guides: “Uterine Fibroids Treatment Questions” and “UAE, Myomectomy, and Hysterectomy ONLY Questions” are available at the following URL: <http://www.hopeforfibroids.org/questionstoask.html>.**

**Hope For Fibroids Organization, web site URL [www.hopeforfibroids.org](http://www.hopeforfibroids.org).**

**Contact Information: [hope@hopeforfibroids.org](mailto:hope@hopeforfibroids.org).**

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