

Date:
Time:
Doctor:

Patient Discussion Guide For Uterine Fibroids

Please pick out the questions that are best suited for your medical situation.

- How many fibroids do I have at this time?
- What is the size of my fibroids and uterus? How much have they grown since my last exam _____(date)?
- What is the location of my fibroids and what organs are they interfering with?
- What are ALL of the uterine fibroid treatments? (Hysterectomy, Myomectomy, da Vinci Robotic Surgery, Myolysis, Endometrial Ablation, Uterine Artery Embolization (i.e. Uterine Fibroid Embolization), Medical Therapy, Watchful Waiting – Observation, MR guided Focused Ultrasound Surgery (MRgFUS), etc.)
- If I need to have an endometrial biopsy performed how should I prepare for it?
- The doctor recommended a uterine fibroid treatment for my medical situation. Do I have to get the treatment performed now? If I wait, what effect could this have on my options at a later date?
- Is ovarian failure possible with any of the fibroid procedures?
- Will I be able to have children after the procedure?
- Can I have the procedure performed during my menses?
- What are the benefits and risks for medical therapy?
- Will the procedure cause problems with having a climax or enjoying sex?
- Will my C-Section cause any problems with having a procedure performed?
- What will my quality-of-life be like after the procedure?
- Should I stop using specific medications, vitamins, and herbs before the treatment?
- Depending on the procedure, will I require a blood transfusion?
- If I am anemic, must I get the anemia corrected before having the procedure performed?
- Will there be a lot of bleeding from the incision?
- Will the procedure involve having an IV? Will I have a catheter in my bladder? If yes, how long will the IV and catheter be kept in?

- **What anesthesia will be used during the procedure? What pain medications (anti-inflammatory) will be used at the hospital and after I am released from the hospital?**
- **How do you handle a reaction to the medication or anesthesia if I get an upset stomach or hives from it?**
- **Will I experience the following symptoms (swelling, gas, constipation, fatigue, bleeding, discharge, fever, cramps, pain, lack of appetite, etc.) after the procedure? If yes, how will this be treated or how can it be prevented?**
- **I have a ‘swollen’ abdomen from the fibroids. Will this disappear after having the procedure?**
- **How long must I stay in bed? How long should I expect to be in the hospital?**
- **What is the recovery time (healing time)? How long will I be absent from work (minimum to maximum timeframes)?**
- **What are my restrictions after the fibroid treatment concerning work, sex, showers, swimming, lifting weights, etc.? When can I resume these activities (timeframe)?**
- **How many hours does it take to perform the MR guided Focused Ultrasound Surgery? Is it an outpatient procedure?**
- **What tests are needed to find out if I am a candidate for the MRgFUS procedure?**
- **MRgFUS is a fairly new procedure. Is it covered under my insurance plan?**
- **Is there a chance I will experience some pain during or after the MRgFUS procedure?**
- **Are there any complications after the MRgFUS procedure that I should be aware of and inform the Doctor? What is the after care instructions after an MRgFUS procedure?**
- **What hospital do you work out of?**
- **Are all the fibroids treatments covered under (name) health insurance?**

ADDITIONAL questions that pertain to my medical situation: _____

The following information should be taken to the doctor consultation:

- **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.**