

Suggestions From Post UAE Patients

“I want to thank all the women who contributed their wonderful suggestions to this list.” – Hope

Deciding on a uterine fibroid procedure:

- Research all the uterine fibroid treatments that are available before the doctor consultation. This will be helpful because it will make you feel comfortable with the medical terminology the doctor may use. Refer to ‘*Methods For Management of Uterine Fibroids Guide*’: URL <http://www.hopeforfibroids.org/faq2pg2-videoresearchandtreatments.html>.
- Take your calendar diary of symptoms, periods, etc. (Make a copy for the doctor in case he wants it for your records).
- Write down all your questions or use “*The Patient Discussion Guide*” question forms: URL is <http://www.hopeforfibroids.org/questionstoask.html>.
- Take a friend to the doctor consultation, someone who can help you remember important information.
- Get a second or third opinion if YOU feel you need it.



Before being admitted into the hospital for the UAE procedure:

- Clean the house, grocery shop, pay bills, wash clothes and dishes (after the UAE you may not feel like doing the house chores for a few days). Prepare meals ahead for a day or two.
- Have mini meals available. (Sometimes after UAE you may not feel like eating big portions and small meals several times a day are convenient. Pudding, jello, fruit, any foods with fiber, lots of fluids – help with the recovery and taking the medication. It is important because after the procedure you don’t want to get constipated.
- Ask your doctor if there are any particular vitamins, herbs, or medications you should stop taking before the UAE procedure.
- Shave pubic hair near crease of leg (bikini shaving area). (You might want to ask the IR if he/she will be making one incision or two.)
- If it is around the time for your menses, ask the IR how this is handled (tampons or pads). The UAE can still be performed while you have your menses.

- **Buy extra pads (variety of sizes) for the possible discharge and/or light, moderate, heavy bleeding after the UAE. (After the UAE you may be restricted from using tampons for approximately six weeks – ask your doctor).**
- **Radio/CD Player with earphones and your favorite CDs.**
- **Books and magazines to read.**
- **Favorite crackers and single serving beverages (insulated cup/bottle with a flexible straw) - Ask the IR if it is ok to bring the snacks along with you to the hospital room. At the hospital they may not have the ones you like.**
- **Lip gloss – (the medication seems to have a drying effect).**
- **Loose clothes to go home in and underwear that won't irritate/rub the tiny incision area. (Some women said they wore cotton socks to keep their feet warm.)**
- **Multi-vitamins after the UAE procedure (some women said they help with the possible fatigue immediately after the procedure – get your doctor's approval).**

Suggestions before leaving the hospital:

- **Have the person who is helping you pick-up your prescription before you leave the hospital, if possible. (Surfak - a stool softener for constipation - ask your doctor.)**
- **It has been suggested by previous patients that women who will have to travel a long distance should push the Patient Controlled Analgesia pump (PCA) demand button once or twice for the pain medication before the IV is taken out.**
- **Make sure the person who is with you understands the doctor's Post-UAE discharge instructions, receives a copy of the instructions, and the doctor's emergency phone numbers – pager, etc.**
- **If you have a Transdermal Scopolamine patch for nausea - the doctor may want you to keep it on for 4 more days after the UAE procedure - ask your doctor for instructions if you have a patch.**
- **A doctor's verification to 'return to work' (some businesses require this following a medical absence).**
- **Over-the-counter pain medication in case you need it – example Motrin (get your doctor's approval).**
- **Digital thermometer to check your temperature.**

Some things to watch for after the procedure (ask your doctor for a list and instructions):

- **Temperature greater than 100.5**
- **Vaginal discharge**
- **Passing any fibroid tissue**
- **An odor from the discharge that creates a foul smell.**
- **Constipation**
- **Women who decide on the spinal anesthesia sometimes develop a headache after the procedure – calling the doctor and pushing fluids and caffeine may be suggested.**
- **Pain that the pain medication did not get rid of.**
- **Continue to maintain a calendar diary of what you are experiencing after the UAE (bleeding, how many pads, size of the pads, how often did you have to change the pads, discharge, fibroid tissue discharge, temperature, how often and how much pain medication, etc.) The calendar diary is a good way for you to keep a record of how you are feeling in case you need to talk to your doctor.**
- **Additional Comments:**

Note: When you have a question, call your doctor for instructions.

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