



## UTERINE FIBROID DISCHARGE INSTRUCTIONS

1. **Take Advil (ibuprofen) 600mgs (3-200 mgms tablets) every 6 hours as needed for mild to moderate pain and/or cramping.** Advil can be purchased over the counter (you do not need a prescription) and usually comes in 200mg tablets. We recommend that you take the Advil around the clock for the first 48 hours after you are discharged home. The Advil should be taken with food or Maalox (any antacid will do), whenever possible, to decrease the risk of the Advil irritating your stomach. (Aleve (500mg (2-250 mgms tablets) every 8 hours may be substituted for the Advil). After the first 2 days at home, Advil should still be the first medication you use to try to relieve your pain.

If the Advil does not adequately control your discomfort, you may take the other prescribed pain medicine (usually Oxycodone or some similar-type narcotic) every 4-6 hours as needed. We do recommend that the first two nights at home from the hospital, you take one Oxycodone at bedtime. If the pain is not any better after 30 minutes, you may take a second Oxycodone. **We have found that when patients take the narcotic pain pills the first 2 nights at home, they tend to sleep better and are less likely to be awoken by pelvic discomfort.**

2. Please take the **Medrol Dose Pak** for 6 days as prescribed, beginning the day after you are discharged. Medrol is a steroid medication and may disturb your sleep. Therefore, it is better to take your **Medrol pills in the morning, preferably with food.**
3. Since narcotic pain pills can cause severe constipation, we recommend that you take **Colace 100mg** twice a day (or a similar stool softener) until you stop using the narcotic pain pill. Once you stop taking the narcotic pills and your bowel activity returns to normal, you can stop taking the Colace. It is also very helpful if you eat a lot of fruit and leafy green vegetables and drink lots of liquids to help keep you from becoming constipated. Although Advil may irritate your stomach, it should not cause constipation.

If constipation occurs, use a laxative of choice, such as Milk of Magnesia.

Take laxative on \_\_\_\_\_

4. As stomach discomfort can occur with the use of Advil and/or the Medrol Dose Pak, we recommend you take a drug such as **Prilosec (one tablet once a day) or Pepcid (one tablet twice a day) for 2 weeks. We also advise that you that an antacid such as Maalox every 4 hours while on the Advil and Medrol Dose Pak. The Maalox will also help with the constipation.**
5. Do Not Drive for 48 hours after the procedure or **while taking the narcotic pain pills (such as Percocet).**

Take it easy the first two days at home. Do not lift anything that weighs more than 5 pounds and do not do any activity that requires a lot of bending in the groin area for the first 48 hours. Remember, while you were in the hospital, we were giving you very strong medicines in your vein. Therefore, you will probably feel worse the day after you go home than the day you were discharged from the hospital. Whenever possible have a friend or family member stay with you the first couple of days you are home.

6. You may take a shower the first day you are home, but wait 48 hours before taking a bath. Also, change the band-aid covering the catheter site at least once a day and keep the site dry and clean (change the band-aid after bathing).

Slowly increase your activities over the first week. Remember to allow yourself breaks between activities. Even if you feel good, don't overdo it the first week, otherwise you will regret it the next day. Although you do not have a big incision, your fibroids are still breaking down. The fibroids are releasing substances in your system that will make you feel tired for a week or two.

7. You may experience some mild cramping or spotting. This is "normal" and usually resolves over the first week or so. You may actually pass some fibroid tissue too. Remember, if the cramping is bothersome, you can take some Advil for the pain.
8. We will contact you several times during the first week you are home to make sure you are doing OK. However, if you have any of the following problems, please call us:
  - a. If you have a fever of 101 degrees or higher or any fever above 100 degrees that is persistent for more than 5 days.
  - b. If you seem to be feeling worse for 2 consecutive days. Although you may have some peaks and valleys, in general, you should gradually feel better as each day passes. Most patients tire easily the first week or two after the procedure. However, by the third week after the embolization, most patients start to feel a lot better, with just a few, occasional episodes of discomfort.
  - c. If you are unable to keep your food down or you begin to vomit.
  - d. If your pain is becoming worse, not better.
  - e. If you think you might be having a reaction to a medication (for instance, a rash, nausea, upset stomach, etc).
  - f. If you develop a vaginal discharge that has a foul smell.
  - g. If you develop redness, a discharge, pain, swelling or bleeding at your catheter site.
  - h. If you develop pain or coolness in either one of your legs.
  - i. If you have any questions.
9. We will make sure your Gynecologist gets a copy of our report.
10. Our phone number is 434-924-9401. Please ask for Dot Cage or Dr. \_\_\_\_\_.

If one of us is not available, or if it is at night or on a weekend, please call 434-924-9400 and ask for the Angio/Interventional Radiology fellow on call.

If it is during the regular hours, but Dot and Dr. \_\_\_\_\_ are away, please ask for the Triage Fellow or Primary Attending.

If you have a less urgent issue, you can call Dot directly at 434-243-2795 and leave her a message and a return number, or email Dot at [dlc3y@virginia.edu](mailto:dlc3y@virginia.edu).