



Northeast Georgia Medical Center

Uterine Fibroid Embolization (UFE)

How should I prepare for this procedure?

- You must not eat or drink anything after midnight the night before your procedure. A sip of water with certain approved medications is the only thing acceptable to be taken by mouth.
- For Gainesville procedures, you will need to arrive an hour and a half before your scheduled appointment time. For Braselton procedures, you will need to arrive an hour to an hour and a half before your scheduled appointment time. For Barrow procedures, you will need to arrive an hour before your scheduled appointment time.
- A nurse from the Interventional Radiology department will reach out to you via phone the day before your procedure.
- For your safety, you must have a caregiver or responsible adult with you while you are here for this procedure. This person should be someone who can provide support and care as needed while you recover.
- Please ensure both the left and right groin are shaved and prepped for this procedure.
- Blood thinners need to be held for this procedure. You will need to check with your primary care provider that it is acceptable for your blood thinners to be held for this procedure.

What should I expect when I arrive?

- For Gainesville, you will go to the registration department in the Blue tower of the hospital. When you arrive in the main lobby of the Blue tower, go down the hallway on your left. The registration department is located on the right. Labs will be drawn here if necessary.
- For Braselton, you will go in through the main entrance and check in at the desk. You will be directed to registration from there. Labs will be drawn here if necessary.
- For Barrow, you will go to the registration desk located inside the main entrance of the hospital.
- After registration, you will go to the radiology waiting room. A staff member will show you back to the Interventional Radiology department. Your driver can accompany you back to the prep area.
- A provider and nurse will explain the procedure, go over discharge instructions, and decide what medications can be safely given. An IV for medication administration will be placed.
- A foley catheter will be placed.
- A nurse will check both the left and right groin to ensure they are prepped for this procedure.
- When it is time to go to the IR lab for your procedure, your driver will be shown to the waiting room.

What medications will be offered during this procedure?

- Moderate sedation is commonly offered for this procedure. However, medications offered will be dependent on provider discretion the day of your procedure. Moderate sedation is intended to make you comfortable and help with any pain. However, you will be awake for this procedure.



Northeast Georgia Medical Center

- The medications commonly used for moderate sedation are Versed and Fentanyl.
- In special circumstances, general anesthesia is offered for this procedure. This is decided at your consultation, not the day of your procedure.

What should I expect during my procedure?

- A small cut (incision) will be made in the artery in your groin or arm.
- A catheter will be put in the artery and guided to your uterus.
- Images and X-rays will be taken while dye is put through the catheter. This shows the blood supply to your uterus and fibroids.
- Tiny particles, about the size of grains of sand, will be put through the catheter. They'll lodge into the arteries in your uterus. This will block the blood supply to the fibroids and help shrink them.
- The procedure will be done again on the artery on the other side of your uterus.
- The catheter will be taken out. A bandage will be placed over the cut that was made in your groin or arm.

What should I expect after my procedure?

- You will be required to lay flat for a certain amount of time after your procedure. The amount of time is reliant on the type of closure device used during your procedure and will be relayed to you after your procedure is complete.
- You can expect to spend the night in the hospital the night after your procedure. In most cases, you will be discharged home the following day with prescriptions for pain and nausea.
- A PCA pump will be started as soon as your procedure is complete to help with any discomfort.