

## Discharge Instructions - Uterine Artery Embolization

### You have received the following Anaesthetic that is checked ( )

- Local Anesthetic** - An injection of anesthesia (freezing) to numb a small area at the site of your procedure. It is common to feel mild or temporary numbness or tingling around the site.
- IV Sedation** - Medications given through your intravenous to relax you and decrease anxiety while you are still awake. It is common to have trouble remembering what happened during your procedure, and/or feel tired for the rest of the day. You must return home with a responsible adult who will remain with you overnight. You should not take public transit after the procedure.  
**With IV sedation, do not drive, use machinery or power tools or make important legal or financial decisions for the next 24 hours.**

### Diet

There are no diet restrictions. Avoid alcohol for 24 hours. Drink plenty of fluids for the next 24 hours. Loss of appetite, general weakness and nausea can occur for a few days.

### Activity

Get plenty of rest for 24 hours after the procedure. Avoid any strenuous exercise, contact sports, lifting objects which are more than 5 pounds, for 2 weeks.

### Dressing

Keep your bandage dry for 24 hours. Replace bandage as needed if it becomes soiled or wet. Remove bandage after 24 hours if no drainage. You may shower on the next day after your procedure when the bandage is removed. If you have vaginal bleeding it should gradually decrease. Avoid sexual intercourse until bleeding stops.

### Medication

Take all medications as prescribed by your doctor. If instructed, avoid taking medication containing aspirin or blood thinners for 24 hours after your procedure unless otherwise directed.

You may take your next pain medication at: \_\_\_\_\_.

### Follow Up

Return to see your doctor as directed.

## CALL YOUR DOCTOR DURING OFFICE HOURS, OR GO TO THE NEAREST EMERGENCY DEPARTMENT OR CALL 911 IF YOU HAVE:

1. Fever over 38.5°C or 101.3°F, or shakes and chills
2. Increasing redness, tenderness, swelling, bleeding or bruising at the procedure site. **If bleeding occurs apply direct pressure for 10 minutes.**
3. Severe or increasing pain or cramps to the back/flank or abdomen not relieved by prescribed medication
4. Heavy vaginal bleeding or large clots
5. If there are changes to sensation, colour, or warmth of your leg or foot on the procedure site
6. Sudden onset of chest pain, shortness of breath or difficulty breathing, or heart rate over 100 bpm
7. Dizziness, light headedness or confusion, exhaustion, extreme weakness, sweating, pale/blue skin
8. Persistent nausea, or vomiting