



Discharge Instructions for Uterine Fibroid Embolization Patients

The following are guidelines for treating symptoms you may have after discharge from the hospital. Please remember you may call at any time if you are unsure whether what you are experiencing is normal, or if you have any questions or concerns. Monday through Friday, 8 a.m. to 5 p.m. you may call Dr. Kim's office directly at 617-638-6642. After hours and on weekends and holidays please call the Boston Medical Center operator 617-638-8000 and ask to page the Interventional Radiology Resident on call.

PAIN

Moderate cramping for several days is normal. Mild cramping, or a feeling in the abdomen like having a bruised muscle, may last up to 2 weeks. The best way to deal with pain is to take pain medicine regularly from the start, **BEFORE** the pain becomes severe. You will have prescriptions for 2 pain medicines: a narcotic medicine (Percocet, or the generic oxycodone), and an anti-inflammatory medicine (Motrin, or the generic ibuprofen)..

The narcotic medicine (Percocet, or the generic oxycodone) is for moderate to severe pain. Be aware that this medication will make you drowsy. **DO NOT** drive while taking it. Do not take Tylenol (acetaminophen) while taking Percocet, because it already contains Tylenol (acetaminophen). It may cause nausea, and it may cause constipation. Nausea and constipation are discussed later in this information sheet.

How to take narcotic pain medicine

For the first 24 hours after you are home from the hospital: Take 1 to 2 tablets (start with one, increase to two if necessary) every 4 to 6 hours **AROUND THE CLOCK**. After the first 24 hours you are home: Depending on your level of pain, you will probably be able to start taking this medicine every 4-6 hours only while awake, or stop it altogether.

The anti-inflammatory medicine (Motrin or the generic, ibuprofen) is especially helpful for cramps. It will not make you drowsy. It does not cause nausea or constipation. However, it can be irritating to your stomach, so as often as possible, take this medicine with food.

How to take anti-inflammatory pain medicine

For the first 48 hours after you are home from the hospital: Take 1 tablet every 6 hours **AROUND THE CLOCK**. Do not take anti-inflammatory medicine for more than 5 days.



After the first 48 hours you are home: Depending on your level of pain, you may be able to start taking this medicine every 6 hours only while awake. Continue to take this medicine regularly for a total of at least 4-5 days after you are home.

Depending on the schedule you are taking your pain medications, you may at times be taking the 2 pain medicines at the same time. This is safe. It is also safe to take the pain medicines at the same time you take the antibiotic, anti-nausea and stool softener.

A heating pad on a low setting, or a hot-water bottle wrapped in pillowcase or light towel, and placed on your lower abdomen may also help with cramping.

FEVER

A temperature of up to 100.6 degrees (by mouth) is normal for up to 7-10 days after your procedure, but usually last only a few days. It may be intermittent. Occasional chills are also normal. If your temperature is over 100.6, you should call the office (617-638-6642). This may be a sign of infection. The pain medicine you are taking will also help if you have a fever. If you have a fever, but are no longer taking pain medicine, you may take Tylenol or the generic, acetaminophen, 2 tablets every 4-6 hours. (Or, 1 tablet every 4-6 hours for Extra strength Tylenol).

BLEEDING

You may have some irregular bleeding after the procedure. If the bleeding is only spotting or light, you may follow up with Dr. Kim at your one month appointment. If your bleeding is like a period and last more than seven days, or if the bleeding is unusually heavy for you call to arrange an earlier appointment with Dr. Kim. Call immediately if you feel light headed, dizzy, or short of breath. Your first period after your procedure may not be much lighter. It may take up 2-3 cycles for the fibroids to shrink enough to change your periods. You may have light, brownish discharge as the fibroids break down; this is normal. If you have any foul-smelling discharge, you should call; this may be a sign of infection. You should use pads, not tampons, until your follow-up appointment.

NAUSEA

You may have some nausea, especially while taking the narcotic pain medicine (Percocet, or the generic oxycodone). You will have a prescription for nausea medicine. Be aware this medicine may make you drowsy. **DO NOT DRIVE** while taking this medicine. If your nausea is not resolved with this medicine please call the office.

How to take this medicine

Take one tablet every 4 to 6 hours as needed for nausea



Constipation

Constipation while taking a narcotic pain medicine is very common. (Percocet or oxycodone at home, and the pain medicines you were given in the hospital). Constipation can make pain worse, so please be careful to note whether you are moving your bowels as you usually do. If not, use an over the counter stool softener (such as Colace, or the generic docusate sodium). Also, use an over the counter fiber-type laxative (such as Metamucil or Fibercon tablets). It is very important to drink plenty of fluids when taking fiber-type laxatives. Otherwise, the constipation can get worse. Follow directions on the package carefully. If using a stool softener, a fiber-type laxative, and drinking plenty of fluids is not enough to prevent constipation, you may try Milk of Magnesia (a stronger type of over-the-counter laxative). If these measures have not worked in a couple of days, or if the constipation is making you very uncomfortable, you may use a Fleet's saline enema, if you are uncomfortable doing so. If it is not effective, or you are comfortable giving yourself an enema, you should call.

How to use these medicines

Stool softener: as directed on the package. Usually up to 3 times a day.

Fiber-type laxative: as directed on the package. Usually once or twice a day. Remember to drink plenty of water with this type of laxative.

Milk of Magnesia: as directed on the package. Usually no more than twice in a 24 hour period.

Fleet's enema: as directed on the package. Not more than once in a 24 hour period.