



## What is it?

Uterine fibroids are a common benign growths in the muscular wall of the uterus (myometrium) which in some women can be problematic, causing heavy menstrual bleeding or pressure symptoms on the bladder and/or bowel.

Embolisation is a technique in which the blood supply to the fibroids is blocked, causing the fibroids to shrink and relieve symptoms.

## Who is it for?

Uterine fibroid embolisation is performed to reduce the symptoms of fibroids or adenomyosis, while avoiding surgical methods. 90% of women report improvement in symptoms after UFE.

## How is it done?

This procedure can be done under sedation or general anaesthetic. Your interventional radiologist may start by performing a local anaesthetic block of the nerves in the pelvis (hypogastric nerve block). A fine catheter is then guided from either the wrist or groin into the arteries of the uterus from either the groin or wrist. Under x-ray guidance, tiny plastic particles will then be slowly injected into the blood supply of the fibroids, causing them to block up. By starving the fibroids of blood, they will shrink over time. Most reduction in size is seen by 6 months.

## What are the risks?

Risks include Infection (2%), onset of early menopause (2%), expulsion of fibroid material (8%).

Some of these complications may require you to have dilation and curettage, hysteroscopy (camera to look inside the uterus) or hysterectomy (surgically remove uterus). Your doctor will discuss this with you in clinic beforehand.

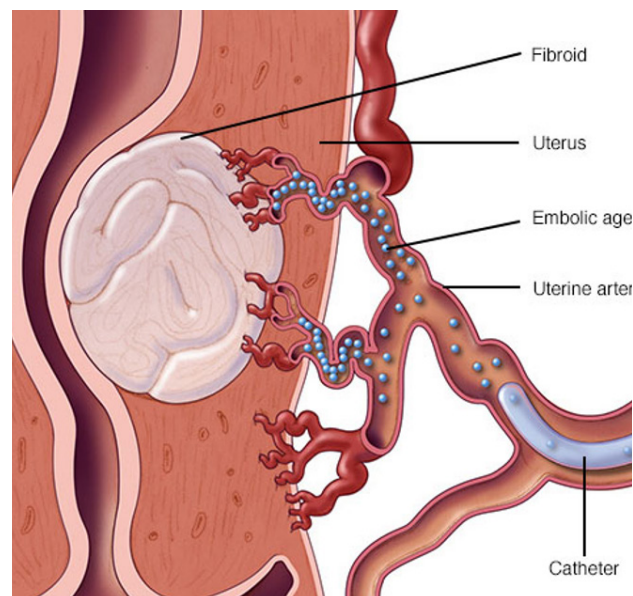
## Will it hurt?

When the local anaesthetic is injected, it will sting to start with, but this soon passes. The procedure itself shouldn't be painful, though you may have some discomfort once the arteries to the fibroid are blocked up.

Most patients feel some pain afterwards. Pain is most severe approximately 8 hours after the procedure and you may require a patient controlled anaesthetic (PCA) overnight. Pain may persist for up to 7 days. You will be given pain killers to take home with instructions from your doctor regarding how to take them.

## Follow up

You will have a phone call from our nurse 1 day and 7 days after your operation. You will also be scheduled for follow up appointment in clinic about 6 weeks afterwards.



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