

# Going home after your fibroid embolisation

**After a successful fibroid embolisation and overnight stay in the hospital, you should be able to return home the day after the procedure.**

You might experience pelvic cramps (cramps in your stomach) for several days after the procedure, and possibly mild nausea and low-grade fever as well. The cramps are most severe during the first day after the procedure and will improve rapidly over the next few days. While in the hospital, you will be given strong painkillers to control the pain.

Once you return home, you may have further pain for up to two weeks (similar to bad period pain) but this can usually be controlled with oral analgesics (painkillers taken by mouth) that we will give you to take home. You may feel drained and tired for a week or so.

## What can I do when I go home?

- Eat and drink as normal.
- Continue with your normal medication as usual but if you take any diabetes medicines containing **metformin**, please do not take them for the next **two days after your procedure**.
- Keep a regular check on the puncture site where you had the procedure. To give the puncture site time to heal, **do not** drive for 48 hours after the procedure or do any form of strenuous exercise for 48 hours after the procedure.

You may notice some bruising at the puncture site. Bleeding or swelling is rare but if it does happen, lie down and **apply pressure** directly on the site for ten minutes. If the bleeding or swelling continues **after ten minutes** you should **go to your nearest A&E department, taking this sheet with you**.

## When can I go back to work?

We usually recommend taking up to two weeks off work but this depends on what your work is, how flexible your work can be and how you feel.

## What may I feel?

- You may feel tired and we advise you to rest for one to two weeks depending on your recovery. You can then resume your usual activities.
- You may have a cramping feeling in your lower abdomen (similar to period pains) for a few weeks. We will give you painkillers when you leave hospital, which you can take as prescribed to treat this.
- You may expel the fibroids. They vary in size and will look like bits of grey body tissue. This is normal and you do not need to do anything.

## What can I expect?

- You will have vaginal discharge that can be brown, bloody, yellow or mucus-like. This is the breakdown product of the fibroids. This discharge usually lasts for about two weeks but occasionally it can last longer.
- **If the discharge becomes excessively smelly and you also have pain or a temperature you should contact the Interventional Radiology Department on 020 7188 5573 or your gynaecologist or GP as soon as possible.**

## Are there any other symptoms I should be aware of long term?

You may pass out bits of fibroids for several months after the procedure. It depends on the overall size and location of the fibroid(s) and occurs when fibroid tissue located near the lining of the uterus shrinks and partially detaches. The bits of fibroid vary in size and will look like bits of grey body tissue. This is normal and you do not need to do anything.

Very rarely if a larger fibroid is passed you may need to see your gynaecologist who can help with its removal. You may experience this as a painless passage of a fleshy mass from your vagina.

## When can I resume sexual intimacy?

We recommend that you avoid penetrative sex for at least **four weeks after the procedure** and that you do not become pregnant for **six months**. After four weeks, you can have sex as long as you are not experiencing pain or offensive discharge.

## Will I have a follow-up appointment?

You will be followed-up by your gynaecologist or GP and this will vary depending on local considerations. The important thing is that if you have any concerns as detailed above, you should contact your gynaecologist or a member of their team to seek advice.

### Contact us

Please contact the Interventional Radiology receptionist at Guy's Hospital on 020 7188 5574 Monday-Friday, 9am-5pm, if you have any questions or concerns. The receptionist will arrange for the interventional radiologist (a doctor who performs the procedure) to call you back.

If you need urgent medical attention, call the Trust's Emergency Gynaecology Unit on 020 7188 0864. The unit is open Monday- Friday, 8.30am -7pm and weekends 9.30am - 3.15pm.

Outside of these hours contact your GP, NHS 111 (see below for contact details) or go to your local A&E department.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

### **Pharmacy Medicines Helpline**

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### **Patient Advice and Liaison Service (PALS)**

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

**e:** 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

### **Language Support Services**

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

**t:** 020 7188 8815 **fax:** 020 7188 5953

### **NHS 111**

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. **t:** 111

### **NHS Choices**

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health. **w:** [www.nhs.uk](http://www.nhs.uk)

### **Become a member of your local hospitals, and help shape our future**

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years.

To join, please call 0848 143 4017, email [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) or visit [www.guysandstthomas.nhs.uk](http://www.guysandstthomas.nhs.uk)

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# Fibroid embolisation

Patient's name: \_\_\_\_\_

Date of birth : \_\_\_\_\_

Hospital number: \_\_\_\_\_

Date of procedure: \_\_\_\_\_

## Summary of the procedure:

Doctor's name: \_\_\_\_\_

Doctor's signature: \_\_\_\_\_