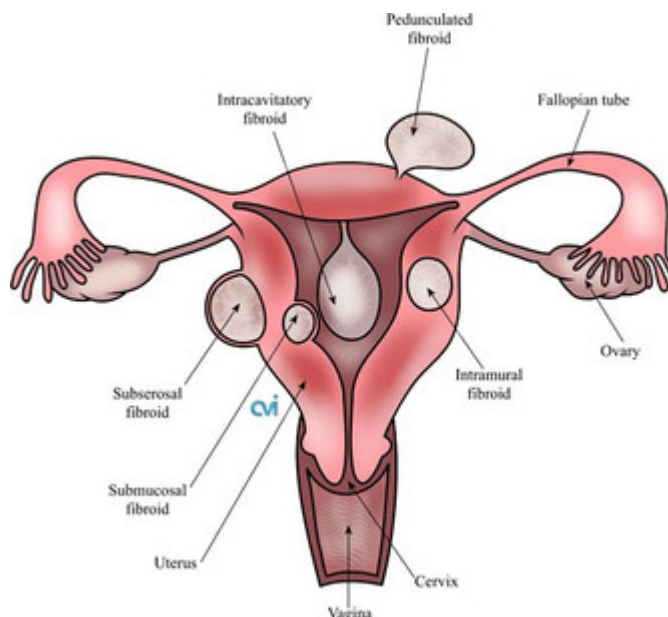




# What to Expect During and After Uterine Artery Embolization — Dr Chandrakant



Uterine artery embolization (UAE) is a minimally invasive surgery commonly advised for women with bothersome fibroids or other uterine disorders that require treatment. This operation represents a significant development in gynecological care, providing an alternative to more invasive treatments such as hysterectomy. It's natural to have questions and worries about whether you're considering going to the [UAE](#) or have already planned surgery. This guide will help you understand what to expect before, during, and after the surgery, making the entire process easier and less daunting.

## Before the Procedure

1. **Consultation and Evaluation:** Before the procedure, you will have a consultation with your healthcare provider and an interventional radiologist. They will review your medical history, perform a physical exam, and possibly order imaging tests such as an MRI or ultrasound to assess the size and location of your fibroids.
2. **Pre-Procedure Instructions:** You will receive specific instructions to follow in the days leading up to your UAE. These may include:
  - **Fasting:** You may need to avoid eating or drinking for several hours before the procedure.

- **Medications:** Your doctor might advise you to stop taking certain medications, such as blood thinners, to reduce the risk of bleeding.
- **Allergies:** Inform your doctor about any allergies, especially to contrast dye used in imaging.

## During the Procedure

1. **Arrival and Preparation:** On the day of your procedure, you will arrive at the hospital or outpatient clinic. You will change into a hospital gown and have an intravenous (IV) line inserted to administer fluids and medications.
2. **Sedation and Anesthesia:** You will receive either conscious sedation or general anesthesia, depending on your case and doctor's recommendation. Conscious sedation will keep you relaxed and comfortable but awake, while general anesthesia will put you to sleep.
3. **The Procedure:** The interventional radiologist will:
  - Clean and numb the area where the catheter will be inserted, usually in the groin.
  - Insert a thin catheter into the femoral artery and guide it to the uterine arteries using fluoroscopy (X-ray imaging).
  - Inject tiny particles through the catheter to block the blood flow to the fibroids.
  - Once the embolization is complete, the catheter is removed, and pressure is applied to the insertion site to prevent bleeding.

The entire procedure typically takes about one to two hours.

## After the Procedure

1. **Immediate Recovery:** After UAE, you will be monitored in a recovery room for several hours. During this time, nurses will check your vital signs, manage any pain, and monitor for complications. Most patients can go home the same day, but some may need to stay overnight for observation.
2. **Managing Pain and Discomfort:** It's common to experience cramping and pain in the first few days after UAE. Your doctor will prescribe pain medication to help manage this. Applying a heating pad to your abdomen can also provide relief. It's crucial to rest and avoid strenuous activities during this initial recovery period.
3. **Post-Procedure Care:**
  - **Activity:** Gradually resume normal activities as you feel able, but avoid heavy lifting and vigorous exercise for at least a week.

- **Hydration:** Drink plenty of fluids to help flush out the contrast dye used during the procedure.
- **Medications:** Take all prescribed medications as directed, including pain relievers and any antibiotics to prevent infection.

**4. Follow-Up Appointments:** You will have follow-up appointments with your healthcare provider to monitor your recovery and assess the effectiveness of the procedure. Imaging tests, such as an MRI or ultrasound, may be performed to check the size of the fibroids and the overall condition of your uterus.

## Long-Term Recovery and Results

1. **Symptom Relief:** Many women experience significant relief from fibroid-related symptoms within a few weeks to months after UAE. Symptoms such as heavy menstrual bleeding, pelvic pain, and pressure typically improve as the fibroids shrink.
2. **Monitoring Progress:** It's essential to keep regular follow-up appointments to monitor your progress. Your healthcare provider will track the shrinkage of the fibroids and any changes in your symptoms.
3. **Potential Complications:** While UAE is generally safe, potential complications can include infection, bleeding, or non-target embolization (blockage of blood flow to unintended areas). Contact your doctor immediately if you experience severe pain, fever, or unusual symptoms.

## Conclusion

[Uterine artery embolization](#) is an effective, minimally invasive option for treating uterine fibroids. Understanding what to expect during and after the procedure can help you feel more comfortable and prepared. With proper preparation, adherence to post-procedure care instructions, and regular follow-up, UAE can significantly improve your quality of life by alleviating fibroid-related symptoms. Always consult with your healthcare provider to discuss your specific situation and ensure you receive the best possible care.