

well & you

a better way to care

Uterine Fibroid Embolization Patient Journey



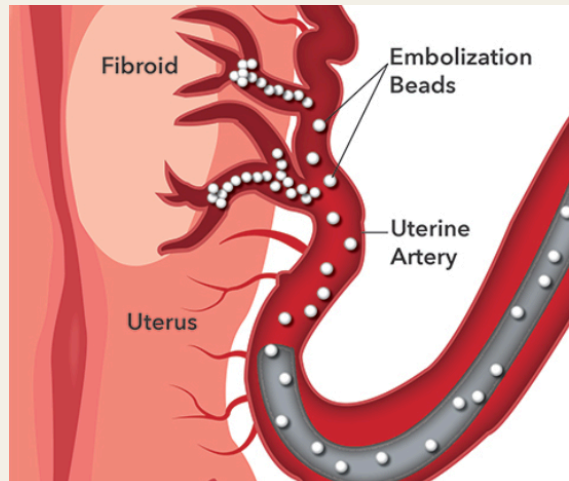
Scan the QR Code for a
video explaining your
Uterine Fibroid
Embolization Journey



Uterine Fibroid Embolization (UFE)

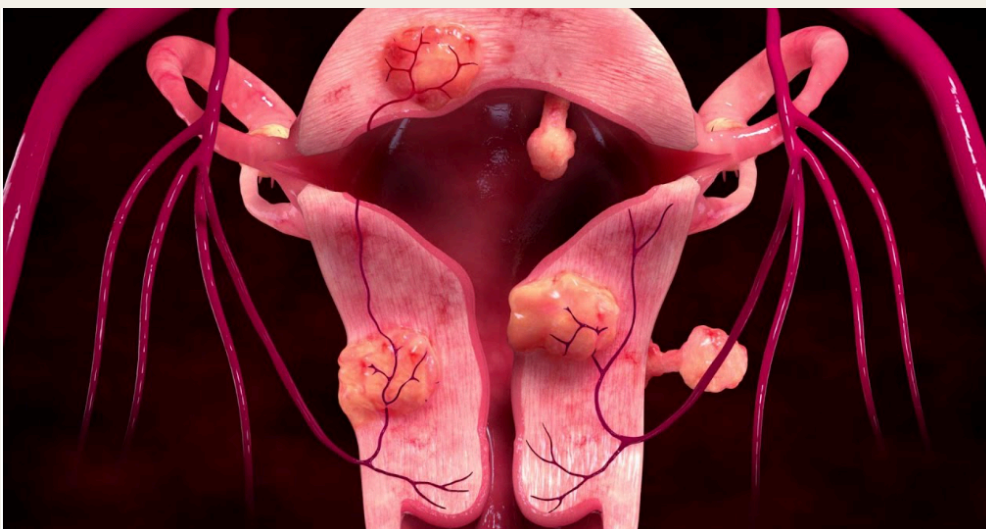
What is a UFE?

Uterine Fibroid Embolization (UFE) is a minimally invasive treatment to shrink fibroids — non-cancerous growths in the uterus. It works by blocking the blood supply to the fibroids, causing them to shrink and easing symptoms like heavy bleeding, pelvic pain, and pressure. Performed by Dr. Pankit Parikh, this outpatient procedure offers a quicker recovery compared to traditional surgery.



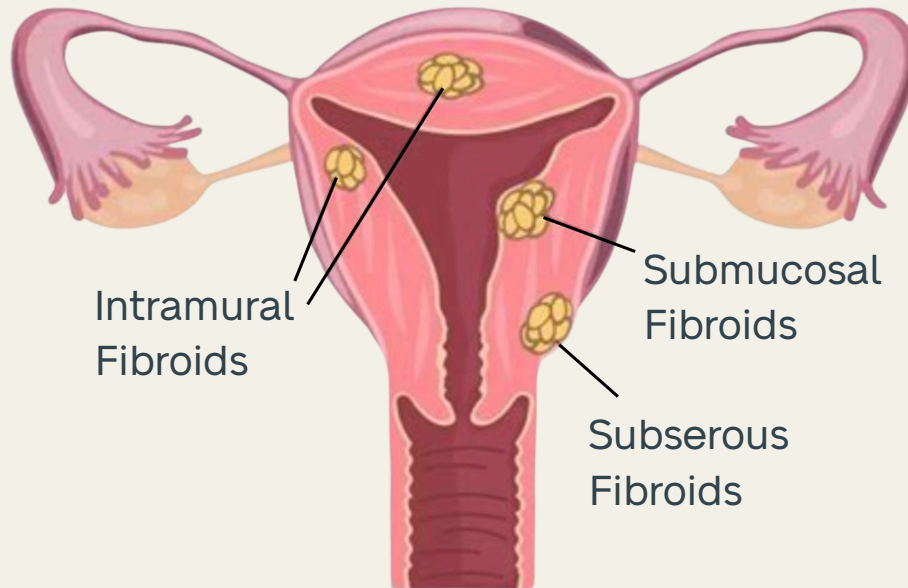
Why Choose UFE?

- **Minimally Invasive:** A pinhole replaces the need for open surgery like hysterectomy or myomectomy. This means less pain, fewer risks, and faster recovery.
- **Preserves the Uterus:** UFE keeps your uterus intact, ideal for women who want to preserve fertility or avoid organ removal.
- **Quick Recovery:** Most patients are back to normal activities within a week—much faster than the weeks required for surgery recovery.
- **Effective Symptom Relief:** UFE significantly reduces heavy bleeding, pain, and pressure caused by fibroids.
- **Lower Risk of Complications:** No open surgery means less risk of infection, blood loss, or scarring.
- **Great for Many Patients:** UFE is a safe option for women who can't or don't want surgery.



UFE is a safe, effective choice for women who want a minimally invasive solution to fibroids while keeping their uterus and achieving significant symptom relief.

Your UFE Journey



Step 1: Initial Assessment

For women over 45 with bleeding symptoms:

- Your doctor will refer you to a gynecologist for an endometrial biopsy to check for cancer.

For women under 45 with no signs of cancer (negative MRI):

- Fibroids or adenomyosis are likely the cause, and UFE is the next step.

Step 2: Biopsy Results

- If no cancer: You're ready for UFE.
- If cancer is detected: A hysterectomy will be recommended instead.

Step 3: Follow-Up (2 Weeks Post UFE)

After your procedure, you'll have a follow-up visit to ensure you're recovering well.

Step 4: Imaging Check (3 Months Post-UFE)

An MRI (with and without contrast) will check if the UFE successfully treated your fibroids.

Step 5: Imaging Results

You'll continue with routine follow-ups, starting at 6 months.

Uterine Fibroid Embolization (UFE): FAQs

What can I expect at my first appointment?

At your initial visit, you'll meet with Dr. Parikh to talk about your symptoms, medical history, and treatment goals. We will also order an MRI if one has not already been done.



What does the MRI show?

The MRI gives detailed pictures of your uterus and fibroids. It helps the doctor see the size, location, and type of fibroids to decide if UFE is the best treatment for you.

How do I prepare for UFE?

Before your procedure, follow these steps:

- Fasting: Don't eat or drink for 8 hours before, typically starting at midnight.
- Medications: Let your doctor know what you're taking; some may need adjusting. Dr. Parikh will prescribe pain, anti-nausea, and stool softener medications for after the procedure.
- Clothing: Wear loose, comfy clothes. Make sure you have someone to drive you home.

How long does the UFE procedure take?

- Procedure Time: 1-2 hours.
- Pre-op: 30 minutes for preparation.
- Recovery: 1-2 hours.

Will the UFE procedure be painful?

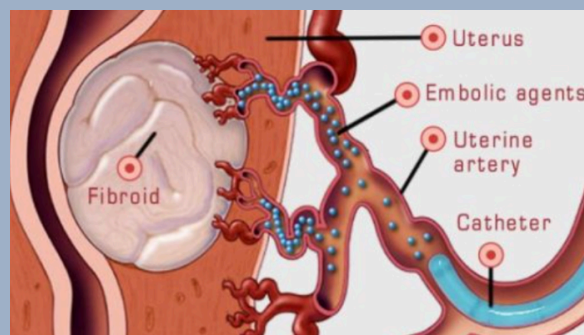
You might feel mild cramping during the procedure, but medication will help manage it. Afterward, cramping, pain, or nausea is normal and improves in a day or two. Our post-op nurse will help manage your symptoms with IV and oral pain relief.

Will I need anesthesia for UFE?

Yes, you'll have light anesthesia (conscious sedation) to help you relax and minimize discomfort. The catheter insertion site (usually in the groin) will also be numbed with local anesthesia.

What are the risks and side effects?

- Anesthesia: Light anesthesia is safe, but rare risks like cardiac issues or stroke are possible. Our team thoroughly evaluates your health to minimize risks.
- Side Effects: Mild bruising, swelling, or, in rare cases, infection or blood clots at the catheter site.
- Next Day: Expect cramping, fatigue, nausea, and possibly a low-grade fever. These symptoms usually fade within a few days.



When can I return to normal activities?

Most patients feel better and can resume light activities within a week. You can return to regular activities in 1-2 weeks.

Uterine Fibroid Embolization (UFE): FAQs

What will my follow-up look like?

At your follow-up, Dr. Parikh will check:

- Symptoms: Are bleeding, pain, or pressure improving?
- Pain Levels: Your pain management plan might be adjusted.
- Imaging: An MRI may be done to confirm the fibroids are shrinking.
- Overall Health: We'll discuss any changes in your menstrual cycle, activity level, or potential complications.

How will I know if UFE worked?

Signs of Success:

- Lighter periods, less pelvic pain, and fewer urinary issues.
- Imaging shows fibroids shrinking in 3-6 months.
- You feel more comfortable and energized.

Signs It May Not Have Worked:

- Symptoms persist or worsen after a few months.
- Imaging shows little change in fibroid size or new growths.

What are my options if UFE didn't work?

If symptoms continue, here are your next steps:

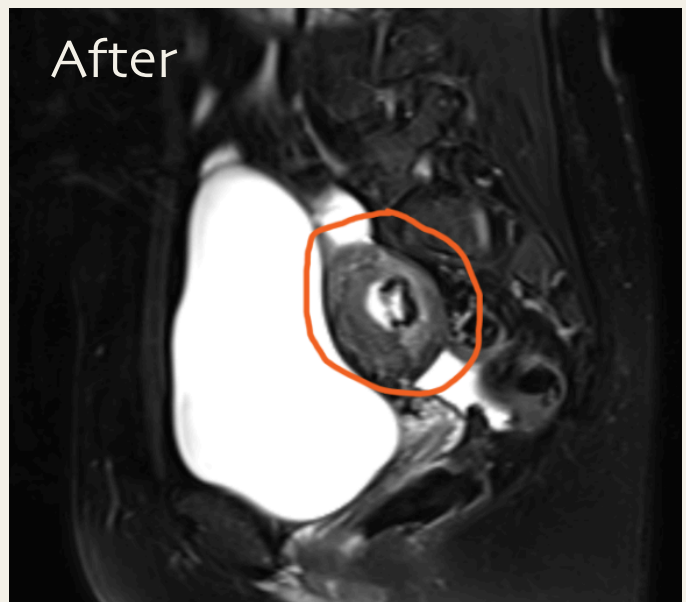
- Repeat UFE: A second procedure may help.
- Medications: Hormonal treatments or other medicines can manage symptoms.
- MRI-Guided Focused Ultrasound: Non-invasive sound waves to shrink fibroids.
- Myomectomy: Surgery to remove fibroids while keeping the uterus intact.
- Endometrial Ablation: Reduces bleeding by destroying the uterine lining (not for those wanting to preserve fertility).
- Hysterectomy: Complete removal of the uterus, offering a permanent solution.

See below for results from a Well & You UFE Patient:

Before



After



Uterine Fibroid Embolization (UFE): FAQs

Understanding Pain and Sedation During Your Procedure

Everyone experiences pain and sedation differently, and your comfort level during the procedure can depend on several factors, including your body's response to anesthesia. For example, individuals who regularly consume alcohol or those living with chronic pain may require adjustments to achieve the right level of sedation.

Our goal is to ensure you are as comfortable as possible while keeping your safety our top priority. While we aim to provide effective pain relief, it's important to recognize that over-sedation carries certain risks, which our medical team carefully monitors and manages.