

## Centre for Interventional Radiology and Oncology (CiRO)

The new Centre for Interventional Radiology and Oncology (CiRO) at St. Joseph's Healthcare Hamilton's Charlton Campus provides minimally invasive treatments or procedures that offer less risk, less pain and less recovery time compared to open surgery.

CiRO at St. Joseph's Healthcare Hamilton delivers high quality, innovative, patient focused clinical services supported by an active research environment.

## What are Uterine Artery/Fibroid Embolization?

A Uterine Artery/Fibroid Embolization or UFE is a minimally invasive treatment for fibroid of the uterus. Fibroids are also called myomas are benign tumors that arise from the muscular wall of the uterus. Local anesthetic is injected into the skin in the groin area or in the left wrist area to access the artery over the hip to numb the area. An Interventional Radiologist introduces a thin, small flexible tube called a catheter into the artery and using X-ray guidance the catheter is advanced into the uterine arteries on the right and left side within the pelvis. Small particles are delivered through this catheter that block the blood supply to the fibroids. Medication for pain and sedation will be given throughout the procedure. As the fibroids die and begin to shrink, the uterus fully recovers. This can take up to 6 months or longer to occur.

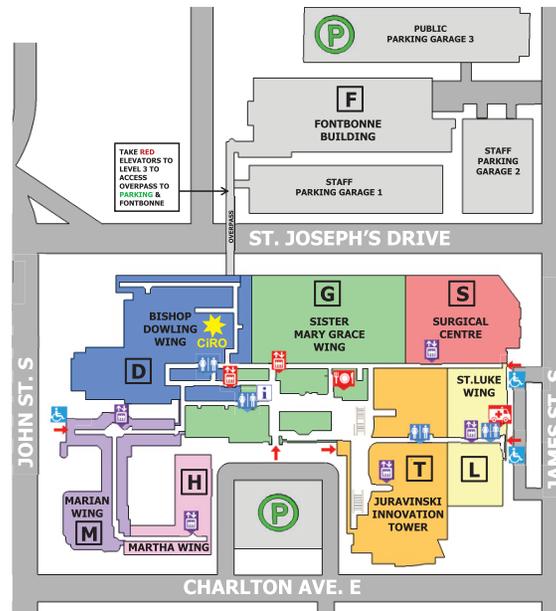
### Questions?

We encourage you to ask questions to your health care team at any time. Please find our contact information below to connect with us.

### Contact

CiRO 905-522-1155 Extension: 35387

### Maps and directions



The Centre for Interventional Radiology and Oncology is located at:

St. Joseph's Healthcare Hamilton's  
Charlton Campus  
Bishop Dowling, Level 1, D154  
50 Charlton Avenue East  
Hamilton, Ontario L8N 4A6

St. Joseph's  
Healthcare  Hamilton

[www.stjoes.ca](http://www.stjoes.ca)

## Centre for Interventional Radiology and Oncology (CiRO)

### Department of

### Diagnostic Imaging

## Uterine Artery/Fibroid Embolization



St. Joseph's  
Healthcare  Hamilton

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## How This Procedure Helps

Fibroid tumors can cause heavy menstrual bleeding, pain in the pelvic area and pressure on the bowel or bladder. This procedure will cause the fibroids to shrink and reduce symptoms.

## Your Care Team

The uterine artery / fibroid embolization will be done in the in the angio suite within the CiRO department by a specially trained doctor called an Interventional Radiologist. Our team consists of Interventional Radiologists, Nurses and Medical Radiation Technologists.

## How To Prepare For A Uterine Artery/Fibroid Embolization

An MRI scan is performed prior to the procedure to determine the size, number and location of the fibroids. This scan is done a few weeks before the embolization is booked. You will have a consultation to go over the MRI results with the Interventional Radiologist and ask any questions that you may have.

- Do not have anything to eat or drink 6 hours before your test
- Please take all of your medication except blood thinners, with a small sip of water, especially heart and blood pressure pills
- Please let your doctor know if you've had a previous allergic reaction to x-ray dye
- Your doctor may order a medication for you to take prior to the procedure
- If you're a diabetic follow your normal routine

## When You Arrive

- When you arrive please check in at CiRO reception
- You will be brought to the waiting room where a nurse will meet with you and get you ready for the procedure
- An intravenous will be placed into your arm
- An urinary catheter will be placed into your bladder
- You will be asked about your medication history and list of current medications
- You will be required to change into a hospital gown for this procedure
- Your Interventional Radiologist will explain the procedure and answer any questions
- If you agree to the test, you will be asked to sign a consent form

## After Your Procedure

You will be taken back to the CiRO Recovery Area where you will rest quietly in bed for minimum of 4 hours. Your vital signs will be monitored frequently. Pain medication will be given as required during the recovery process. Once this time period is over, you will be discharged home. You **MUST** have a responsible adult accompany you home and stay with you overnight. You will not be allowed to drive, operate heavy machinery or make any legally binding decisions for 24 hours following the procedure because of the sedative medication / pain prescriptions used during and after the procedure.

## After Care Instructions And Important Information

Over the next few days you may:

- Have cramps that come and go, most severe for 24 hours
- Feel very tired
- Feel nauseated (feeling you're going to throw up that comes and goes)
- Possibly have a fever (a temperature up to 38°C or 100.5°F).

These are all normal side effects of the procedure as your body reacts to the embolization of the fibroid tissue. Usually these symptoms are noticeable in the first 2 or 3 days. By the fourth or fifth day after the procedure you will start to feel better. Usually, these symptoms will not last longer than 7 days. The cramps may continue for a few days longer. Because of these symptoms, most patients will need about 3-4 days off from work.

You will feel better over the next few days, but you should expect to have less energy or feel very tired. So, be sure to do less activity. It is best if you do not travel for two weeks and do not travel overseas for 1 month or until you feel completely recovered. A follow up appointment will be made to see the Interventional Radiologist 10-14 days after the procedure