

# **Fibroid Embolisation**

Information for patients, relatives and carers

① For more information, please contact:

## **Vascular Imaging Unit**

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## **About this leaflet**

This leaflet tells you about the procedure known as fibroid embolisation; it explains what is involved and what the possible risks are. It is not meant to replace discussion between you and your doctor, but we hope you find the information helpful.

## **What is fibroid embolisation?**

Fibroid Embolisation is a well-established procedure for treating fibroids which are causing symptoms. It works by blocking uterine arteries that feed the fibroids, causing them to shrink. It is a minimally invasive procedure. It is performed by an Interventional Radiologist who is specially trained and experienced in this procedure.

Fibroid embolisation was first reported in 1995, and since then well over 100,000 women have had the procedure worldwide. As it is still a relatively new treatment, a local clinical audit of the outcome of the procedure is carried out as recommended by the National Institute for Health and Care Excellence (NICE).

## **Why do I need fibroid embolisation?**

Other tests that you have had done will have shown that you are suffering from fibroids, and that these are causing you problems. Your gynaecologist and your GP will have told you all about the problems with fibroids and discussed with you, ways of dealing with them.

Previously, most fibroids have been treated by an operation, generally a hysterectomy, where the womb is removed altogether. In your case, it has been decided that embolisation may be the better first line treatment option.

It is almost certain that you are having the fibroid embolisation done as a pre-planned procedure, in which case you should have plenty of time to discuss the situation with your gynaecologist and the radiologist who will be performing the fibroid embolisation. If you need the fibroid embolisation as an emergency, then there may be less time for discussion, but none the less, you should have had sufficient explanation before you sign the consent form.

## **Who has made the decision?**

The doctors in charge of your care, and the radiologist doing the fibroid embolisation. However, it is very important that you have had the opportunity for your opinion to be taken into account, and that you feel quite certain that you want the procedure doing. If, after full discussion with your doctors, you do not want the fibroid embolisation carried out, then you must decide against it.

## **Who will be doing the fibroid embolisation?**

A consultant interventional radiologist who has particular expertise in image guided intervention using x-rays and other specialised equipment, and interpreting the images produced. Nurses and radiographers will assist during the procedure.

## **Where will the procedure take place?**

In the Vascular Imaging Unit, in a Radiology theatre that is designed for specialised image guided procedures.

# How do I prepare for fibroid embolisation?

## Before the procedure

- You will be contacted by one of the pre-assessment nurses who will discuss the procedure with you further. They will ask about your regular medications and will discuss any concerns or questions you have about the procedure.
- You will need to have a blood test before the procedure to check your kidney function, that you are not at increased risk of bleeding, and that it will be safe to proceed. This may be arranged to take place at your GP surgery.
- If you are on any medication which thins the blood (e.g. warfarin, rivaroxaban, dabigatran, apixaban, ticagrelor) we ask you to call the interventional radiology department using the number on your appointment letter as we will need to adjust your medication before undergoing this procedure.

## On the day of the procedure

- You should not eat anything from four hours before your procedure, but you may continue to drink sips of water.
- You will arrive at the Vascular Imaging Unit and be accompanied into our day case area.
- You may take your normal medication unless instructed otherwise.
- Please inform us if you have any allergies.
- The radiologist will discuss the procedure with you. You will have an opportunity to ask further questions about the procedure and your treatment. If you choose to have the procedure you will need to sign a consent form (if not already).
- You will be asked to change into a hospital gown, and a small plastic tube (cannula) will be put into a vein in your arm to allow us to administer preop medications including pain killers and anti-sickness medication just before the procedure.
- The radiologist may have previously spoken to you about a nerve block (injection of long-acting local anaesthetic using a fine needle through your tummy, under your belly button) which will help with pain management after the procedure. Sometimes this is not appropriate, or you decided against it. In this case, the team will administer the standard pain management medications orally or through a drip in your arm.

- As the procedure is carried out using the main artery in the groin, you may be asked to shave the skin around this area.
- Once all the checks have been performed and consent signed, you will be taken to the angiography suite on the trolley. There will be a nurse, radiographer and a radiologist with you throughout the procedure.

If you have any allergies or if you have previously reacted to intravenous contrast medium, the dye used for kidney x-rays and CT scanning, then you must tell your doctor about this.

## **What actually happens during fibroid embolisation?**

In the Radiology theatre you will lie on the x-ray table flat on your back. You will have a monitoring device attached to your finger and we will also monitor your blood pressure, heart rate and rhythm. You may be given oxygen through a small tube in your nose. The radiologist will keep everything as sterile as possible and will wear a theatre gown and operating gloves.

The skin of your groin (and your lower abdomen if having the nerve block) will be cleaned with antiseptic, and then most of the rest of your body will be covered with theatre towels.

The skin and deeper tissues over the femoral artery, usually in the right groin, will be anaesthetised with local anaesthetic, and then a needle will be inserted into this artery. This will be used to introduce a fine plastic tube called a sheath into this artery, which the radiologist will use to insert wires and thin tubes called catheters into your arteries.

The radiologist will use the x-ray equipment to guide the catheter to the correct position within the arteries that are feeding the fibroid. These arteries are called the right and left uterine arteries. A special x-ray dye called contrast medium is injected down the catheter into these uterine arteries. This usually gives you a warm feeling in the pelvis which soon passes. Contrast medium helps the radiologist see the arteries on the x-ray images.

Once the fibroid blood supply has been identified, fluid containing thousands of tiny Polyvinyl Alcohol (PVA) particles is injected through the catheter into these small arteries which nourish the fibroid. The particles clog up these blood vessels and block them so that the fibroid is starved of its blood supply.

Both the left and the right uterine arteries need to be blocked in this way, and usually in that order. It can often all be done from the right groin, but sometimes it may be difficult to block the branches of the right uterine artery from the right groin, and so a needle, sheath and catheter need to be inserted into the left groin as well.

If using a nerve block, this will be done mid procedure once the left uterine artery has been blocked off. The radiologist will insert a fine needle through the front of your tummy under your belly button into the area in front of your spine and inject longer acting local anaesthetic. The nerve block procedure usually takes around ten minutes.

At the end of the procedure, the catheter in your groin is withdrawn, and a radiology nurse in the recovery area will press firmly on the puncture site for at least ten minutes, until the puncture site is sealed and to prevent any bleeding. You will need to stay in bed for a few hours after this.

## **Will it hurt?**

When the local anaesthetic is injected, it will sting to start with, but this soon passes, and the skin and deeper tissues should then feel numb. The embolisation procedure itself often causes pelvic pain afterwards due to a reduction of the blood supply to the fibroids. This may be similar to the pain you have already been experiencing. There will be a nurse, or another member of staff, standing next to you and looking after you. If the procedure does become too painful for you, then please let the nurse know and they can give you medications. If the pain becomes too severe, we can pause or stop the procedure, although you will not get the benefits highlighted below and may need to re-attend.

## **How long will it take?**

Every patient's fibroid anatomy is different, and it is not always easy to predict how complex or how straightforward the procedure will be. Most procedures take about an hour to an hour and a half. As a guide, expect to be in the radiology theatre for about two hours.

## **What happens afterwards?**

You will be brought into the Vascular Imaging Recovery area. Nurses will carry out routine observations, such as taking your pulse and blood pressure, to make sure that there are no untoward effects, and give you pain relief as required. They will also look at the skin entry point to make sure there is no bleeding from it.

You will generally stay in bed for a few hours, until you have recovered. You will normally be discharged home on the same day of your procedure provided your pain is adequately managed however you may not be pain free. If your pain/nausea is not under control, you may go to Post-Anaesthetic Care Unit (PACU) on your trolley. Very occasionally you may need to stay overnight or longer.

Once you are home, you should rest for three or four days. Our general advice is to stay off work for two weeks. You will be given strong (morphine type) analgesia and anti-sickness medication to take home with instructions of how to best use them and contact information if you have any concerns. We ask you to buy a supply of Paracetamol and Ibuprofen, and other medications will be given to you to take home prior to discharge. The pre-assessment nurse will advise you on this as well prior to your procedure.

You will normally go home the same day on strong pain killers and provided an adult can take you home and be with you overnight. Occasionally you may be kept in hospital overnight if the pain is too severe and discharged the following morning. Once you are home, you should rest for three or four days. Our general advice is to stay off work for two weeks.

## **What are the benefits?**

The most frequent benefit of fibroid embolisation is the reduction in the heaviness of menstrual bleeding. Other certain benefits are a reduction in pressure symptoms such as frequency in passing urine and pelvic pain caused by the fibroids, but this usually takes a bit longer.

## **Are there any risks or complications?**

Fibroid embolisation is a remarkably safe procedure, but there are some risks and complications that can arise, as with any medical treatment.

There may occasionally be a small bruise, called a haematoma at the site where the needle has been inserted in the groin, this is quite normal. If this becomes hard to touch or larger than a side plate, then there is the risk of it getting infected, which would then require treatment with antibiotics. Please ring your GP or 111 in this situation.

Most patients feel a degree of pain afterwards. This ranges from mild pain to severe crampy, period-like pain.

It is generally worst in the first 8 to 12 hours and will probably still be present when you go home. While you are in hospital this can be controlled by strong intravenous painkillers, and you will be given strong painkiller tablets to take home with you.

Most patients get a slight fever after the procedure for two to three days. This is a good sign as it means that the embolisation has worked and the fibroid is breaking down. The painkillers you will be given will help control this fever.

Some patients get a vaginal discharge afterwards, which may be bloody. This is usually due to the fibroid breaking down. Usually, the discharge lasts for approximately two weeks from when it starts, although occasionally it can persist intermittently for several months. This is not in itself a medical problem, although you may need to wear sanitary protection (pads **not** tampons).

If it is more than five days after the embolisation procedure, and the discharge begins to smell bad and is associated with a high fever, pelvic pain and feeling unwell, there is the possibility of infection, and **you should ask to see your GP urgently or attend your local Urgent Treatment Centre or emergency department.**

**Although rare, the most serious complication of fibroid embolisation is severe uterine infection.**

This happens to perhaps 2 in every 100 women having the procedure. The signs that the uterus is infected after embolisation include severe pain, pelvic tenderness and a high temperature more than five days after the procedure. Pain, nausea and mild fever is expected during the first 3 to 4 days after the embolisation as part of post embolisation syndrome.

Most infections can be treated with antibiotics, and perhaps a small procedure on the womb, a "D and C" (Dilation and Curettage).

In rare occasions when severe infection has developed that does not respond to antibiotics, it is sometimes necessary to have an operation to remove the womb, a hysterectomy. **If you feel that you would not want a hysterectomy under any circumstances, then it is probably best not to have fibroid embolisation performed.**

There has been one fatal case of infection and one fatal case of pulmonary embolism (lung clot) reported in the world after a fibroid embolisation procedure.

## **Reaction to intravenous dye (contrast medium)**

There is a slight risk of an allergic reaction to the contrast agent (dye), which may lead to a skin rash. On rare occasions, more serious complications can occur, but the risk of a fatal allergic reaction is estimated to be less than one in 100,000.

The doctors and staff in the Vascular Imaging Department are trained to deal with any complications. However, **if you have had an allergic reaction to an injection of x-ray contrast in the past you must tell a member of staff before you go in for the procedure.**

The contrast agent can rarely upset your kidney function. This is more likely to happen if your kidneys are already diseased. If this were the case, then you would receive fluid given through an intravenous drip or orally before and after the procedure. This reduces the risk of worsening kidney function to less than 1 in 50 patients. If kidney function does worsen this is usually a temporary issue, which should improve over four to five days.

## **Radiation Risk**

X-rays are used to take the pictures, so the procedure also carries very small risks associated with ionising radiation. If you might be pregnant, it is essential that you inform a member of staff beforehand. The amount of radiation varies depending on the complexity of the procedure and your size but will be similar to the natural background radiation you receive from the environment over the course of 6 to 12 months.

All of the above risks have been considered by the radiologist and your doctors who feel that the risks are outweighed by the potential benefits to you of having the procedure. Please ask if you have concerns or would like to discuss further.

## **What is the recovery period after this procedure?**

Some patients may feel very tired for up to two weeks following the procedure, though some people feel fit enough to return to work three days later. However, patients are advised to take at least two weeks off work following embolisation.

Approximately 8 in 100 women have spontaneously expelled a fibroid, or part of one, usually six weeks to three months afterwards. If this happens, you are likely to feel period like pain and have some bleeding.



Very few women have undergone an early menopause after this procedure. This has probably happened naturally and may have happened regardless of the fibroid embolisation procedure.

## **Are there any alternatives?**

Alternative treatments are drug and hormonal therapy to reduce menstrual bleeding, surgical procedures to remove a fibroid (myomectomy) and hysterectomy. These should have been discussed with you by the gynaecologist when considering embolisation.

## **What are the results of fibroid embolisation?**

Research studies indicate that around nine out of ten patients treated by embolisation are happy with the outcome and require no further treatment, this is our experience too. Once fibroids have been treated like this, it is believed that they do not grow back again.

Some women, who could not become pregnant before the procedure because of their fibroids, have become pregnant afterwards. However, if having a baby in the future is very important to you, you need to discuss this with your doctor, as it may be that an operation (myomectomy) is still the better choice if suitable.

## **Finally**

Some of your questions should have been answered by this leaflet but remember that this is only a starting point for discussion about your treatment with the doctors looking after you. Ensure that you have received enough information about the procedure before you sign the consent form.

Fibroid embolisation is considered a safe minimally invasive procedure, designed to improve your fibroid symptoms while preserving your uterus and save you having a larger operation. There are potentially some risks and complications involved, and because there is the very small possibility of a hysterectomy being necessary, you do need to make certain that you have discussed all the options available with your doctors.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Dr B Almazedi, Consultant Radiologist, Radiology Department, York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 726065.

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

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net)

An answer phone is available out of hours.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Leaflets in alternative languages or formats**

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: [www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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