What you will experience during a UFE procedure
After registering, you will meet the hospital staff, nurses and your interventional radiologist. You will be brought to the procedural suite and receive IV sedation. A small catheter will be inserted into an artery over your hip and directed into the artery on each side of your uterus.

With the catheter in position, tiny particles will be placed into both uterine arteries, blocking blood flow to the fibroids, which will make the fibroids shrink over time.

The procedure takes about two hours and requires an over-night hospital stay to ensure appropriate IV medication for pain. You will be discharged the following morning. Most women report a return to normal activities in approximately one week. Length of recovery time does vary from patient to patient.

After your UFE procedure
We will contact you to schedule a three month follow-up visit at Suburban Imaging. At this visit, you will have a pelvic MRI exam to determine the fibroid’s response to the embolization. Your interventional radiologist will review the MRI images and discuss your results and progress with you.

UFE consultation is available at our Coon Rapids office: 763.792.1900
8990 Springbrook Drive, Suite 140  |  Coon Rapids, MN 55433

For detailed directions, visit our website at www.suburbanimaging.com
What are uterine fibroids?
Fibroids, also called leiomyomas or myomas, are non-cancerous tumors of smooth muscle, the same type of muscle that makes up the uterus. Fibroids may develop in different parts of the uterus. Depending on the location, they are called intramural fibroids, subserosal fibroids or submucosal fibroids.

Uterine fibroids may cause abnormal uterine bleeding and/or pelvic pain and pressure. Abnormal bleeding is usually caused by submucosal or intramural fibroids. Intramural and subserosal fibroids are usually the cause of pelvic pain and pressure.

All women are at risk of getting fibroids. Uterine fibroids are the most common tumors of the female genital tract. They occur in 20-25% of women of childbearing age.

Uterine fibroid diagnosis
Fibroids are usually diagnosed during a gynecologic examination because of symptoms you describe. Your healthcare provider will likely detect that your uterus is enlarged due to one or more uterine fibroids during your pelvic examination. A minority of patients with uterine fibroids have a normal sized uterus.

The presence of fibroids is most often confirmed by a pelvic ultrasound. Fibroids are further evaluated with an MRI exam (magnetic resonance imaging). MRI is an important tool used to determine treatment options. Ultrasound and MRI are painless outpatient diagnostic imaging exams performed at Suburban Imaging.

Treatment options for uterine fibroids
Appropriate treatment depends on the size and location of the fibroids, as well as the severity of your symptoms. Treatment options for symptomatic uterine fibroids include medical management or surgical procedures, including hysterectomy. The presence of fibroids is the most common reason for a woman to have a hysterectomy in the United States.

Another treatment option, Uterine Fibroid Embolization (UFE), is a minimally-invasive alternative for those who wish to avoid a hysterectomy. There is less risk and less pain associated with UFE. Ninety percent of patients with uterine fibroids experience a decrease or resolution of heavy menstrual bleeding, pelvic pain and pressure following UFE.

One of our interventional radiologists will assess your diagnostic imaging studies (your prior ultrasound and MRI) and our nurse will schedule a consultation at Suburban Imaging to review your treatment options.

During this time, our team will determine if UFE is appropriate for you. The details of the procedure, including the benefits and risks, will be discussed. If you choose to have UFE, your procedure will be scheduled at the hospital and performed by one of Suburban Imaging’s interventional radiologists.

If you have questions about Uterine Fibroid Embolization, please call our nurse at 763.792.1980.