



PATIENT
COMPANION
SERIES

PC-101

CENTRAL COAST INTERVENTIONAL

MICHAEL SWIKEHARDT, MD, RPVI
BOARD-CERTIFIED INTERVENTIONAL RADIOLOGIST

PREPARING FOR UFE

UTERINE FIBROID EMBOLIZATION

Your guide to understanding your procedure,
what to expect, and how to prepare.



PATIENT EDUCATION

Clear information to help
you feel informed and confident.



EXPERT CARE

Advanced, minimally invasive
treatment by an experienced
interventional radiologist.



COMPASSIONATE SUPPORT

We are with you every step
of the way—before, during,
and after your procedure.



Better Choices.
Better Outcomes.
Improving quality of life.



Learn more at
mnsmd.com

Scan the QR code to access
patient education, procedure
information, and more.

John C. Cline

Board-Certified
Interventional Radiologist

mnsmd.com

Welcome



CENTRAL COAST
INTERVENTIONAL

MICHAEL SWIKEHARDT, MD, RPVI

BOARD-CERTIFIED INTERVENTIONAL RADIOLOGIST

Thank you for choosing Central Coast Interventional for your uterine fibroid embolization (UFE) procedure.

Our goal is to provide you with exceptional, patient-centered care in a comfortable and supportive environment.

This guide will walk you through the important steps to prepare for your procedure and what to expect on the day of your treatment. Please read it carefully and refer to it as needed.

If anything is unclear or if you have questions, our team is here to help.

We look forward to taking great care of you.

Michael Swikehardt, MD

Michael Swikehardt, MD, RPVI
Board-Certified Interventional Radiologist



Patient-Focused Care

Your safety, comfort, and experience are our top priorities.



Expertise You Can Trust

Specialized care from a board-certified interventional radiologist.



Here for You

Our team is with you every step of the way.



Questions Welcome

Never hesitate to reach out. We are happy to help.



Call or Text

(805) 881-3725

Mon–Fri 8am–5pm



Email

consultation@mnsmd.com

We typically respond within 1 business day.



Website

mnsmd.com

Visit for resources and procedure information.



Our Office

**Santa Barbara Cottage Hospital
Main Entrance**

Follow signs to
Interventional Radiology.



Your Safety is Our Priority

Please follow the instructions in this guide carefully. Doing so helps ensure the best possible outcome for your procedure.



Table of Contents



CENTRAL COAST
INTERVENTIONAL

MICHAEL SWIKEHARDT, MD, RPVI
BOARD-CERTIFIED INTERVENTIONAL RADIOLOGIST

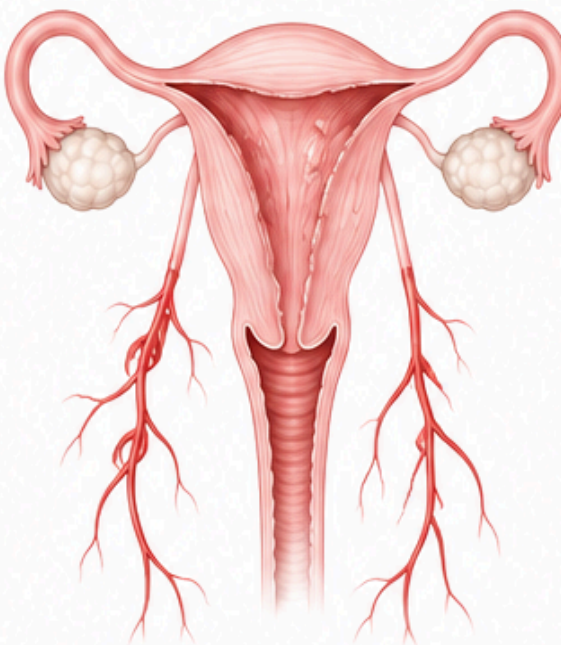
This guide is designed to help you feel informed, prepared, and confident every step of the way.
Use this table of contents to find the information you need.

	1. Understanding UFE Learn how uterine fibroid embolization works and the benefits it can provide.	04
	2. Preparing for Your Procedure Important steps to take in the days and weeks leading up to your procedure.	05
	3. Medication Hold Guide A list of medications and supplements that may need to be stopped before your procedure.	06
	4. Eating & Drinking Guidelines Instructions for eating and drinking before your procedure.	07
	5. What to Bring Items to bring with you to help keep your day comfortable and stress-free.	08
	6. Arrival & Final Checklist What to expect when you arrive and a checklist to help you feel ready.	09
	7. Procedure Day Timeline A step-by-step overview of what to expect the day of your procedure.	10
	8. Frequently Asked Questions Answers to the most common questions about UFE.	11
	9. Contact Information How to reach our team before and after your procedure.	12



We're Here for You

Our team is committed to providing you with exceptional care and support. If you have any questions along the way, please don't hesitate to reach out. We're happy to help!



Uterine fibroid embolization (UFE) uses tiny particles to block blood flow to fibroids, causing them to shrink while preserving the uterus.

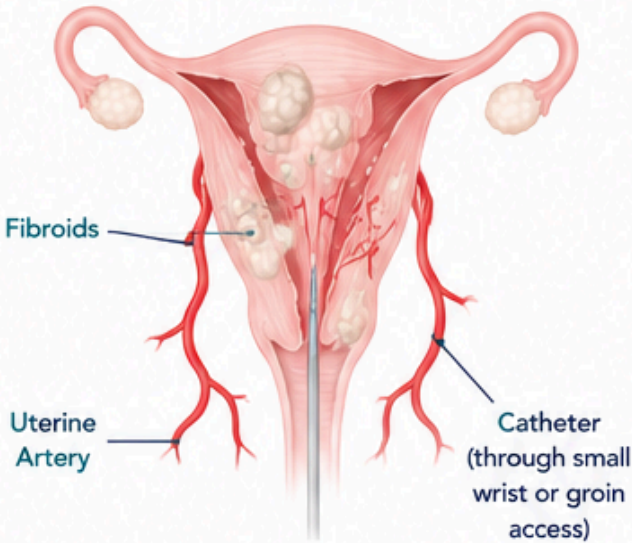


1. Understanding UFE

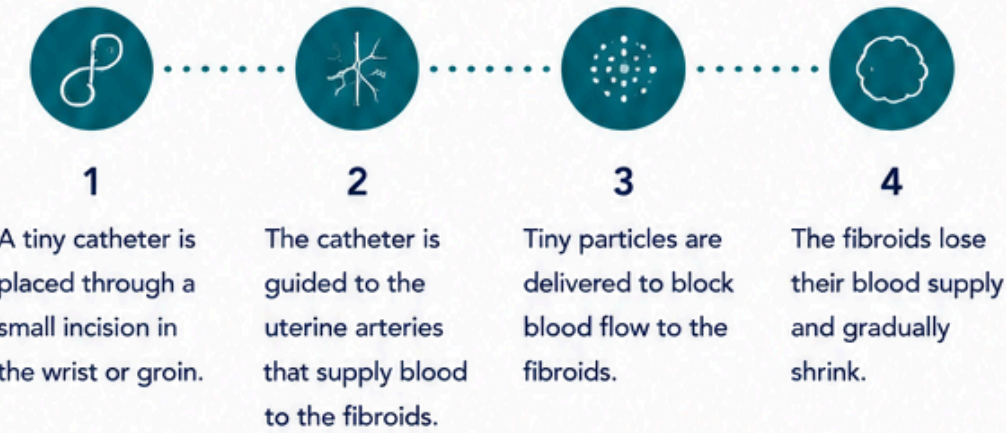
A minimally invasive treatment for fibroids

Uterine fibroid embolization (UFE) is a minimally invasive procedure designed to treat uterine fibroids—non-cancerous growths in the uterus that can cause heavy bleeding, pelvic pain, pressure, and other symptoms.

Rather than removing the uterus or the fibroids, UFE works by blocking the blood flow to the fibroids, causing them to shrink over time while preserving the uterus.



How UFE Works



Potential Benefits

	Reduces heavy bleeding and related anemia		Relieves pelvic pain, pressure, and bloating		Preserves the uterus—no surgical removal
	Shorter recovery time compared to surgery		Return to normal activities in days, not weeks		Safe, effective, and performed as an outpatient

Proven & Effective

UFE has been performed for over 25 years with thousands of women experiencing significant symptom improvement.

Who Is a Candidate?

Many women with symptomatic fibroids are candidates for UFE. Your doctor will review your individual case to see if it's the right option for you.

Questions?

We're here to help you understand your options and make the best decision for your health.



Scan to learn more about UFE and watch our patient education video.



2. Preparing for Your Procedure

Simple steps for the best possible experience

Proper preparation helps ensure your procedure is safe, smooth, and as comfortable as possible. Follow the instructions below carefully and contact our team if you have any questions.



1. Confirm Your Appointment

You will receive a call or message to confirm the date, time, and arrival instructions. Please let us know right away if you need to reschedule.



2. Review Your Medications

Some medications and supplements may need to be stopped before your procedure. See the Medication Hold Guide on the next page for details.



3. Follow Eating & Drinking Guidelines

You will need to avoid food and drink for a period of time before your procedure. See page 7 for specific instructions.



4. Plan for Comfort

Wear loose, comfortable clothing. You will change into a hospital gown before the procedure.



5. Arrange a Ride

You must have a responsible adult drive you home and stay with you for the first 24 hours after your procedure.



6. Take Care of Yourself

Get plenty of rest, stay hydrated (unless instructed otherwise), and try to reduce stress. This helps your body heal.



Key Reminders

- ✓ Read this guide in full and follow all instructions.
- ✓ Let us know about any changes to your health or medications.
- ✓ If you are sick, have a fever, or develop an infection before your procedure, contact us.
- ✓ Arrive on time and check in at the Main Entrance of Santa Barbara Cottage Hospital.
- ✓ Follow all pre-procedure instructions for the safest experience.



Our Goal is Your Best Outcome

Your preparation is an important part of a successful procedure and recovery. By following these steps, you're partnering with our team to achieve the best possible results.



We are here for you every step of the way.



Questions?

If anything is unclear or you have questions about your procedure or instructions, please reach out. We are happy to help!



Call or Text
(805) 881-3725
Mon–Fri 8am–5pm



Email
consultation@mnsmd.com
We typically respond within 1 business day.



3. Medication Hold Guide

Important medications and supplements that may need to be stopped

To help minimize the risk of bleeding and other complications, some medications and supplements should be held before your procedure. Follow this guide and any additional instructions provided by your healthcare team.



Medications to Stop Before Your Procedure

Medication Type	Examples	When to Stop
 Blood Thinners / Anticoagulants	Warfarin (Coumadin®), Apixaban (Eliquis®), Rivaroxaban (Xarelto®), Dabigatran (Pradaxa®)	Typically 2–5 days before (varies by medication). We will provide exact instructions.
 Antiplatelet Medications	Aspirin (high dose), Clopidogrel (Plavix®), Prasugrel (Effient®)	Usually 5–7 days before (aspirin 81 mg may be continued in some cases; we will advise you).
 Herbal Supplements & Natural Products	Fish Oil, Omega-3, Garlic, Ginkgo Biloba, Ginseng, St. John’s Wort, Turmeric, Vitamin E	Stop 7 days before.
 NSAIDs (Anti-inflammatory Medications)	Ibuprofen (Advil®, Motrin®), Naproxen (Aleve®), Diclofenac, Indomethacin	Stop 3–5 days before.



Do not stop any prescription medication without first speaking to your prescribing doctor or our team. We will provide clear instructions based on your individual health history.



Why These Holds Are Important

These medications and supplements can increase the risk of bleeding during and after your procedure. Stopping them helps ensure your safety.



General Reminders

- Always provide a complete list of all medications, vitamins, and supplements you take.
- Follow the timing above unless instructed otherwise.
- If you have a medical condition that requires these medications, let us know right away.
- Bring an updated medication list with you on the day of your procedure.



Not Sure About a Medication?

If you have any questions about whether to stop a medication or supplement, please contact our team. We are happy to help!



Follow Our Instructions for Your Safety

Following this Medication Hold Guide helps reduce risks and supports a smooth, successful procedure and recovery. Thank you for helping us keep you safe!



Call or Text
(805) 881-3725
Mon–Fri 8am–5pm



Email
consultation@mnsmd.com
We typically respond within 1 business day.



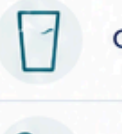
4. Eating & Drinking Guidelines

Follow these instructions to help keep you safe during your procedure.

Because anesthesia or sedation is used for UFE, it is important to have an empty stomach to reduce the risk of complications. Follow the guidelines below unless you are given different instructions by our team.

✓ What to Do	✗ What to Avoid
 Follow the fasting times outlined in the table below.	 Do not eat solid foods for at least 8 hours before your arrival time.
 You may drink clear liquids up to 2 hours before your arrival time.	 Avoid milk, cream, protein shakes, and non-clear liquids during the fasting period.
 Take small sips of water with approved medications.	 Do not drink alcohol 24 hours before your procedure.
 If you have any questions, please contact our team.	 Do not chew gum or suck on hard candy.

Fasting Guidelines Summary

Item	Item	Stop Before Arrival	Examples
	Solid Foods	At least 8 hours	Meats, bread, dairy, fruits, vegetables, snacks
	Clear Liquids	Up to 2 hours	Water, clear juice, black coffee, tea (no cream)
	Medications	May take with small sips of water	Unless instructed otherwise



Fasting is Important

Having an empty stomach reduces the risk of nausea and aspiration during sedation or anesthesia.



Your Procedure Time Matters

Please follow the fasting times based on your scheduled arrival time. If your arrival time changes, you may need to adjust your fasting times.



Questions?

We're here to help you prepare with confidence. Call or email us anytime.



Hydration Tips

- ✓ Drink plenty of water the day before your procedure.
- ✓ Clear liquids are encouraged up to 2 hours before you arrive.
- ✓ Avoid dehydration, as it can increase the risk of headaches and dizziness.



Important Reminder: If you do not follow these instructions, your procedure may be delayed or rescheduled for your safety. Thank you for your cooperation!





CENTRAL COAST INTERVENTIONAL

MICHAEL SWIKEHARDT, MD, RPVI
BOARD-CERTIFIED INTERVENTIONAL RADIOLOGIST

PREPARING FOR UFE UTERINE FIBROID EMBOLIZATION

What to Bring FOR YOUR PROCEDURE



Having the right items with you helps us provide safe, efficient, and comfortable care.

Please pack the following items for your appointment.



IDENTIFICATION & INSURANCE

- ☐ Photo ID (driver's license or passport)
- ☐ Insurance card(s)
- ☐ Co-pay or payment (if applicable)



MEDICATIONS

- ☐ A list of all medications you take (*prescription, over-the-counter, vitamins, and supplements*)
- ☐ Your medications in their original containers (if possible)



COMFORT ITEMS

- ☐ Loose, comfortable clothing (*you will change into a gown*)
- ☐ Underwear (you will be more comfortable in your own)
- ☐ Socks with non-slip soles
- ☐ A robe or jacket (hospitals can be cool)



PERSONAL ITEMS

- ☐ Phone and charger
- ☐ Glasses or contacts and case
- ☐ Hearing aids and case
- ☐ Toiletries (toothbrush, toothpaste, deodorant, etc.)
- ☐ Lip balm
- ☐ Hair tie or clip



OTHER IMPORTANT ITEMS

- ☐ Advance directive or power of attorney documents (if you have them)
- ☐ CPAP machine (if you use one)
- ☐ Book, headphones, or other quiet entertainment
- ☐ Important phone numbers (*written down*)



PLEASE LEAVE AT HOME

Valuables, large amounts of cash, and unnecessary jewelry.



PLAN AHEAD

You will need a responsible adult to drive you home after your procedure.



QUESTIONS?

If you have any questions about what to bring or how to prepare, please call us.

We are here to make your experience as comfortable as possible.



(805) 881-3725
Mon-Fri 8am-5pm



consultation@mnsmd.com
We typically respond within 1 business day.



Santa Barbara Cottage Hospital
Main Entrance
Santa Barbara, CA 93105
Follow signs to Interventional Radiology





7. Your Recovery Timeline

What to expect in the days and weeks ahead

Recovery after UFE is different for everyone, but most patients follow a similar timeline. Use this guide to know what to expect and how to care for yourself.

	DAY 1 Rest & Recover You may feel cramping, pelvic pressure, or bloating. These symptoms are normal. Take medications as prescribed and rest as much as possible.	FOCUS: Pain control Hydration Rest
	DAYS 2–3 Take It Easy Cramping and fatigue may continue. You can walk and do light activities around the house.	FOCUS: Light activity Short walks Healthy meals
	DAYS 4–7 Gradual Improvement You should start to feel better each day. Some spotting or discharge is normal. Avoid heavy lifting and intense exercise.	FOCUS: Gentle activity Listen to your body Avoid overdoing it
	WEEKS 2–4 Getting Back to Normal Most patients feel significantly better. You can gradually return to normal activities and exercise.	FOCUS: Increase activity Balanced diet Follow up as planned
	WEEKS 4–12+ Long-Term Results Fibroids will continue to shrink over the next several months. Symptoms should continue to improve.	FOCUS: Long-term wellness Follow up imaging Enjoy life



Remember

Everyone heals at their own pace. It's important to listen to your body, follow your care instructions, and keep your follow-up appointments.

We are here to support you every step of the way.

Healing
takes time.
You've got
this.



When to Contact Us

Please contact our team or seek medical care if you experience:

- ✓ Fever greater than 100.4°F (38°C)
- ✓ Severe pain not relieved by medication
- ✓ Heavy bleeding (soaking more than 1 pad per hour)
- ✓ Foul-smelling discharge
- ✓ Shortness of breath or chest pain
- ✓ Redness, swelling, or drainage at the incision site



Medications

Continue taking prescribed medications as directed. You may be given:

- Pain medication
- Nausea medication
- Antibiotic (if needed)
- Stool softener



Follow-Up Care

We will schedule a follow-up visit, typically within 2–4 weeks, to check your progress and answer any questions.



Questions?

We're here to help you heal and feel your best. Don't hesitate to reach out.



Call or Text
(805) 881-3725
Mon–Fri 8am–5pm



Email
consultation@mnsmd.com
We typically respond within 1 business day.



CENTRAL COAST INTERVENTIONAL

MICHAEL SWIKEHARDT, MD, RPVI
BOARD-CERTIFIED INTERVENTIONAL RADIOLOGIST

PREPARING FOR UFE

UTERINE FIBROID EMBOLIZATION

8. Frequently Asked Questions

Answers to common questions about UFE

Every patient's experience is unique. If you have questions that are not answered here, please reach out to our team.



How effective is UFE?

UFE is very effective for most women. Studies show that 85–90% of patients experience significant improvement in symptoms and quality of life.



How long does the procedure take?

The procedure typically takes 60–90 minutes. You will be in the hospital for several hours for recovery and monitoring.



Will I need to stay overnight?

Most patients go home the same day. An overnight stay is rarely needed, depending on your overall health and how you recover.



Will UFE affect my fertility?

UFE is generally considered safe for women who wish to preserve their fertility. If you are considering pregnancy, please discuss this with your doctor.



What are the risks?

Serious complications are rare. Possible risks include bleeding, infection, non-target embolization, temporary menopause, and fibroid tissue passing.



Will I be in pain?

You may feel cramping, pressure, or soreness for several days. Pain is managed with medication, and most patients feel better each day.



When can I return to work and normal activities?

Most patients return to light activities within a few days and back to work within 1–2 weeks, depending on the type of work and how you feel.



Will my fibroids grow back?

Fibroids can shrink further over time. New fibroids can develop, but this is uncommon.



Important to Know

- ✓ UFE is a minimally invasive procedure—no major incisions.
- ✓ You will not have visible scars.
- ✓ Recovery time is much shorter than surgery.
- ✓ Many women experience a significant improvement in symptoms and quality of life.
- ✓ We are here to support you before, during, and after your procedure.



Your Role in a Successful Recovery

- ✓ Follow all pre- and post-procedure instructions.
- ✓ Take medications as prescribed.
- ✓ Attend your follow-up appointments.
- ✓ Contact our team with any questions or concerns.



We're Here For You

Our goal is to provide you with compassionate care and help you feel your best.

Thank you for trusting us with your care.



Remember

Every patient's journey is unique. Be patient with yourself and take things one day at a time. We're here to help you heal and get back to the life you love.



Call or Text
(805) 881-3725
Mon–Fri 8am–5pm



Email
consultation@mnsmd.com
We typically respond within 1 business day.



Visit Our Website
mnsmd.com
Learn more about UFE and request a consultation.



CENTRAL COAST INTERVENTIONAL

MICHAEL SWIKEHARDT, MD, RPVI

BOARD-CERTIFIED INTERVENTIONAL RADIOLOGIST

PREPARING FOR UFE

UTERINE FIBROID EMBOLIZATION

9. Contact & Resources

We're here to help—before, during, and after your procedure.

Our team is dedicated to providing you with exceptional care and support every step of the way. Please reach out with any medical questions or concerns.



Our Team

Central Coast Interventional

Michael Swikehardt, MD, RPVI

Board-Certified Interventional Radiologist



(805) 881-3725

Mon–Fri 8am–5pm



consultation@mnsmd.com

We typically respond
within 1 business day.



Santa Barbara Cottage Hospital
Main Entrance

Santa Barbara, CA 93105

Follow signs to Interventional Radiology



Notes & Questions

Use this space to write down any questions you may have for your care team.



*Your questions are important.
We're here to help.*

Helpful Resources



Patient Education

Learn more about UFE, fibroids, and treatment options on our website.

mnsmd.com

Scan the QR code on the
back cover to visit.



Preparation Companion Series

Ask for our full library of patient guides to help you prepare for your procedure with confidence.

Available in
English and Spanish



Support & Community

Connect with others who have undergone UFE and share experiences.

Fibroid Fighters Foundation
fibroidfighters.org



Follow-Up Schedule

We will check in with you after your procedure and schedule follow-up visits to monitor your recovery.

- 1–2 business days:
Check-in call
- 2–4 weeks:
Follow-up visit
- 3–6 months:
Follow-up imaging
(as recommended)



Need Medical Advice?

Contact us with any medical questions before or after your procedure.

(805) 881-3725

consultation@mnsmd.com



You Are Not Alone

It's normal to feel a mix of emotions. We are honored to be part of your journey and are committed to helping you achieve the best possible outcome.



*Thank you for trusting us
with your care.*



Remember

Healing takes time. Be patient with yourself and celebrate small milestones along the way. We are here to support you—every step of the way.



Call or Text

(805) 881-3725

Mon–Fri 8am–5pm



Email

consultation@mnsmd.com

We typically respond
within 1 business day.



Visit Our Website

mnsmd.com

Learn more about UFE,
treatments, and request a consultation.





CENTRAL COAST INTERVENTIONAL

MICHAEL SWIKEHARDT, MD, RPVI
BOARD-CERTIFIED INTERVENTIONAL RADIOLOGIST

PREPARING FOR UFE

UTERINE FIBROID EMBOLIZATION

Thank You for trusting us with your care.

We know that making decisions about your health is important. Our goal is to provide you with safe, effective, compassionate care and support you every step of the way.



Our Commitment to You

We are committed to clinical excellence, patient education, and personalized care. If you ever have questions or concerns, we are here to help.



Learn More at
mnsmd.com

Scan the QR code to access patient education, treatment information, and helpful resources.



We're Here for You Before, during, and after your procedure.



Ask Questions

We encourage you to reach out with any questions at any time.



Feel Confident

We are here to help you understand your procedure and recovery.



You Are Not Alone

Our experienced team is here to support you and your loved ones.



Better Outcomes

Together, we will work toward the best possible result for you.

Contact Us



Call or Text
(805) 881-3725
Mon–Fri 8am–5pm



Email
consultation@mnsmd.com
We typically respond within 1 business day.



Location
Santa Barbara Cottage Hospital
Main Entrance
Santa Barbara, CA 93105
Follow signs to Interventional Radiology

This guide is for educational purposes only and is not a substitute for professional medical advice.
Please follow all instructions provided by your healthcare team.

