



Understanding Uterine Fibroid Embolization

A modern patient guide to minimally invasive treatment for symptomatic fibroids

This guide was created to help patients and families better understand uterine fibroid embolization (UFE), what to expect during treatment, recovery, and how symptoms may improve over time.

What are fibroids?

Fibroids are common noncancerous growths of the uterus that can cause heavy menstrual bleeding, pelvic pressure, bloating, frequent urination, pelvic pain, anemia, fatigue, and discomfort during daily activities.

How symptoms affect daily life

For many women, fibroid symptoms can affect sleep, work, travel, exercise, relationships, and overall quality of life. Some patients begin planning activities around bathroom access, menstrual symptoms, or pelvic discomfort.

What is Uterine Fibroid Embolization (UFE)?

UFE is a minimally invasive procedure performed by an interventional radiologist using advanced imaging guidance. A small catheter is guided through an artery in the wrist or groin to the arteries supplying blood to the fibroids. Tiny particles are then used to reduce blood flow to the fibroids, allowing them to gradually shrink over time.

Why patients consider UFE

Patients often consider UFE because it avoids major surgery, large incisions, and removal of the uterus. Many patients are interested in shorter recovery and minimally invasive treatment options.

Potential benefits

- Minimally invasive
- Usually outpatient
- Faster recovery for many patients
- No large surgical incision
- Uterus preservation
- Alternative to hysterectomy for some patients

The day of the procedure

Most patients arrive the morning of the procedure and return home the same day or following morning. An IV is placed for medications and fluids, and moderate sedation is commonly used to help patients remain comfortable.

Recovery after UFE

Recovery after UFE is generally shorter than traditional surgery, although temporary cramping and fatigue are common during the first several days. Most patients gradually improve over weeks to months.

Common temporary symptoms

- Pelvic cramping
- Fatigue
- Mild nausea



CENTRAL COAST INTERVENTIONAL

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- Low-grade fever
- Temporary worsening before improvement



Risks and safety

Serious complications are uncommon when UFE is performed by experienced physicians trained in embolization techniques. However, all procedures carry risks including infection, bleeding, pain, and the potential need for future treatment.

Frequently asked questions

- Will I need surgery afterward?
- How long before I return to work?
- Will this affect fertility?
- Is UFE covered by insurance?
- How long does symptom improvement last?

Visit www.mnsmd.com to request a consultation or learn more about minimally invasive fibroid treatment options.