



Preparing for your Uterine Fibroid/ Uterine Embolization Procedure

Your safety and health are our utmost priority. We want to make sure you're prepared for a successful procedure. Please review these instructions carefully and thoroughly. You can always call with any questions or concerns at: **(888) 388-8805**.

Location of Procedure:

-  Gramercy Surgery Center Manhattan
380 2nd Ave #1000, Fl 10
New York, NY 10010
-  Gramercy Surgery Center Queens
59-25 Kissena Blvd
Flushing, NY 11355
-  Viva Eve Astoria
48-02 25th Ave, Suite 110B
Astoria, NY 11103

Pre-Procedure Instructions



TRANSPORTATION & ESCORT

It is **mandatory** for you to have transportation TO and FROM our facility with a responsible adult.



HYDRATE

24 hours prior to the procedure, drink 6-8 glasses of water.



DIET

Nothing to eat or drink 8 hours prior to the procedure, except for specific approved medications with small sips of water.



DIET - FOR PATIENTS TAKING ANY GPL1 MEDICATIONS

If you are taking any GPL1 class of medications used to treat type 2 diabetes (T2D) and/or for weight loss/obesity, have a light breakfast 24 hours before your procedure, stick to clear liquids from 7:30 am to 11:30 pm the day before, and stop all food and drinks after 11:30 pm until your procedure.



REMOVE

Do not wear any jewelry or body piercings.



ALLERGIES

Inform staff of any new allergies that may have developed recently.



PLAN FOR AFTER CARE

You should be supervised by a responsible adult for 24 hours following discharge from our facility after the procedure and should plan on staying home from work for at least 5 to 7 days.

ROUTINE MEDICATIONS

High Blood Pressure

Take ALL your routine medications (oral tablets) as prescribed

Diabetes

As directed

Blood Thinners (Before Procedure):

- ☐ Stop Aspirin / Plavix: 5 days
- ☐ Stop Eliquis / Xarelto: 1 days
- ☐ Stop Coumadin: 3-5 days
- ☐ Stop Lovenox: 1 days

PRE-PROCEDURE MEDICATIONS

Ibuprofen

600 mg, every 8 hours (total of 3 doses) a day before procedure

Tylenol (Only if NSAID Allergy)

500 mg, every 8 hours (total of 3 doses) a day before procedure

Senna - S

1 tablet, twice a day, start 2 days before procedure

Gabapentin

1 capsule, the night before the procedure

Post-Procedure Instructions

viva eve

LIFESTYLE & NUTRITION:



Stay very hydrated. Drink lots of water!



Eat small light meals, soups, smoothies, and easily digestible things such as eggs, mashed potatoes and toast. Increase your intake of fiber-rich food (fruit, veggies, whole grains) to promote bowel function. Increase food that is rich in Omega-3 fatty acids (fish, flaxseeds, nuts), turmeric to manage inflammation.



Please avoid greasy foods such as fast food. It will likely increase nausea and vomiting.



Use a heating pad for comfort. This will help with managing potential cramping and keep you as comfortable as possible.



Avoid baths, swimming, and hot tubs for the first 2 weeks post procedure (related to infection prevention).

Post-Procedure Medications

PAIN MEDS AS INSTRUCTED

Tylenol extra strength

325 mg, 2 tabs every 6-8 hours

Gabapentin

300mg, 1 tab every 8 hours for 5 days

PAIN MEDS AS NEEDED

Oxycodone

5mg 1 tab every 4-6 hours as needed for pain level 6-10 for 3 days

Tramadol

50mg, 1 tab every 4 hrs as needed for pain level 6-10

This is only prescribed if you are allergic to above medications.

ANTIBIOTICS

Levofloxacin

500mg, 1 tab daily, start the day after the procedure and continue for 7 days

NAUSEA

Ondansetron (zofran)

4mg, take 1-2 tabs every 6-8 hours as needed for 4 days

BOWEL

Prilosec OTC

20mg, take 1 tab daily (start the day after your procedure)

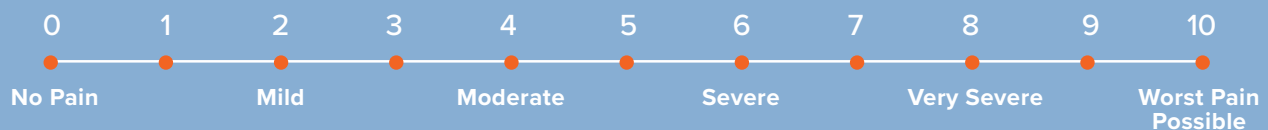
Senna

Take 1 tab twice daily for 7 days or UNTIL you have a bowel movement

Magnesium Citrate

Take if NO BOWEL movement by day 3 (follow instructions on package)

Pain Assessment tool



OUR TEAM WILL CALL TO CHECK ON YOU 24 HOURS AFTER YOUR PROCEDURE. FOR URGENT QUESTIONS OR CONCERNS, PLEASE CALL US IMMEDIATELY AT (888) 388 8805. YOU MAY ALSO SEND NON-URGENT MESSAGES THROUGH THE ATHENAONE PATIENT PORTAL.