

Patient information · Interventional Radiology · Cochin University Hospital AP-HP

This document provides information about uterine fibroid embolization (UFE), a minimally invasive treatment for uterine fibroids.

1. Principle

UFE occludes the arteries supplying the fibroids with microspheres injected via a catheter. Deprived of blood supply, fibroids shrink and symptoms disappear. The uterus is preserved.

Efficacy: 90% reduction in bleeding. All fibroids treated simultaneously in a single session.

2. Before the procedure

- Recent pelvic MRI with fibroid mapping
- Recent cervical smear
- Full blood count, coagulation, blood group
- Gynaecological evaluation
- Anaesthesia consultation

3. The procedure

- 1-2 nights hospitalisation
- Local anaesthesia and sedation (or light general anaesthesia)
- Catheter via groin or wrist
- Selective catheterisation of both uterine arteries
- Microsphere injection · Duration: 1-2 hours

4. Post-embolization syndrome (24-72h)

- Pelvic pain (adapted analgesia)
- Low-grade fever 38-38.5°C
- Nausea and fatigue
- Vaginal discharge possible in following weeks

5. Follow-up

- MRI at 3 and 6 months
- 40-60% fibroid volume reduction at 6 months
- Regular gynaecological follow-up

Warning: Fever above 39°C, foul-smelling discharge or severe pain: seek medical attention urgently.