

## Gynaecology Service – Uterine Fibroid Embolisation

### Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Please read the following information in conjunction with the staying healthy guidance appropriate for your condition

### Guidance for Patients

Uterine fibroid embolisation is a non surgical way of treating fibroids by blocking off the uterine arteries that feed the fibroids, and making the fibroids shrink. It is performed by an interventional radiologist, rather than a surgeon, and is an alternative to an operation. An Interventional Radiologist is a specially trained doctor who has expertise in using X-ray equipment, and also in interpreting the images produced. They need to look at the images while carrying out the procedure, to guide fine catheters into blood vessels and then inject tiny particles or beads into the correct blood vessel to deliver them to the fibroids.

Other tests that you have had will have shown that you have fibroids.

Your gynaecologist or GP should have discussed this with you and determined that these are the cause of your symptoms. They will also have discussed different ways of dealing with them.

The options for treating fibroids include medical treatment, usually with hormones, an operation, generally a hysterectomy, where the womb is removed altogether or myomectomy where only the fibroid/s are removed from the womb. In your case, it has been decided that embolisation is the best treatment.

The examination will be performed by an Interventional Radiologist who will be assisted by radiographers and radiology nurses. It is not easy to predict how long the procedure will take. As a guide, expect to be in the X-ray room for at least one hour.

The leaflets can be accessed below:

[Fibroids - NHS \(www.nhs.uk\)](http://www.nhs.uk)

### What should I do if my health is deteriorating?

If your health is deteriorating, you may need to be seen by your Consultant for review and further assessment and management. The secretarial numbers of the Gynaecological Consultants are shown below

In an emergency situation we would suggest you attend the Emergency Gynaecology unit for assessment.

# My Planned Care Patient Information Platform

## Contact Us

Ward 23 emergency Gynae (Gynae A&E) – 02476 962000

Booking Centre – 0800 252060

For more specific enquiries a number will be included within your clinic appointment letter as appropriate.

Secretary to Mr Izzat – 02476 967372

Secretary to Mrs Bulchandani – 02476 967024

Secretary to Mr Dunderdale – 02476 967383

Secretary to Ms Shanbhag – 02476 967410

Secretary to Mr Twigg - 02476 967372

Secretary to Mr Kumar – 02476 967410

Secretary to Mr Keay – 02476 967409

Secretary to Dr Agrawal – 02476 967409

Secretary to Mr Ghobara – 02476 967409

Secretary to Dr Maitra – 02476 966990

Secretary to Ms Jones – 02476 966990

Secretary to Dr Woodman – 02476 967383

Secretary to Dr Sabri – 02476 967406

Secretary to Ms Kandavel - 02476 969397