

### SEDATION

- Do not drive until you are no longer requiring pain medications.

### ACTIVITY

- You may participate in normal activities without restriction.
- No strenuous exercising or lifting of heavy objects for the next 2 weeks.
- No sexual activity for 2 weeks.
- You may shower as usual, do not soak the puncture site for 5 days.

### SYMPTOM MANAGEMENT

- Moderate pelvic discomfort for 1-2 weeks after the procedure.
- Some mild discomfort may be present for a month or more.
- You will be given pain medication: *Dilaudid* every 4-6 hours as needed for pain.
- If you experience nausea: *Compazine* 25mg rectal suppository every 12 hours as needed.
- To decrease cramping: *Motrin* 400-800mg every 6 hours for 2 days, then as needed. Take with food to minimize stomach upset.
- Pain medications may cause constipation, over the counter medications can be used (*Colace*, *Metamucil*, *Milk of Magnesia*, *Dulcolax*).

### WHAT TO EXPECT AFTER THE PROCEDURE

- A small amount of vaginal discharge is expected.
- Low-grade temperature (less than 100°F) for 2-3 days.
- General tired feeling for up to 1-2 weeks.

### FOLLOW UP CARE

- Call your gynecologist for a follow-up appointment in the next 2-4 weeks.
- You will be notified of a follow-up appointment with the radiologists in 6-12 month, at that time you will have an MRI.

### WHEN TO CALL

- Fever greater than 101.5 or chills.
- Increasing lower abdominal pain.
- A large amount of vaginal drainage, and/or foul smelling drainage.
- Call Vascular Nurse Practitioner at **(617)726-8314**. When calling after 4pm or on weekends call **(617) 726-8314**, and follow instructions.

