

Raffles Hospital is located in the heart of the city:  
A 5 minute walk from Bugis MRT Station and a 20 minute  
drive from Changi International Airport.



### Bus Services

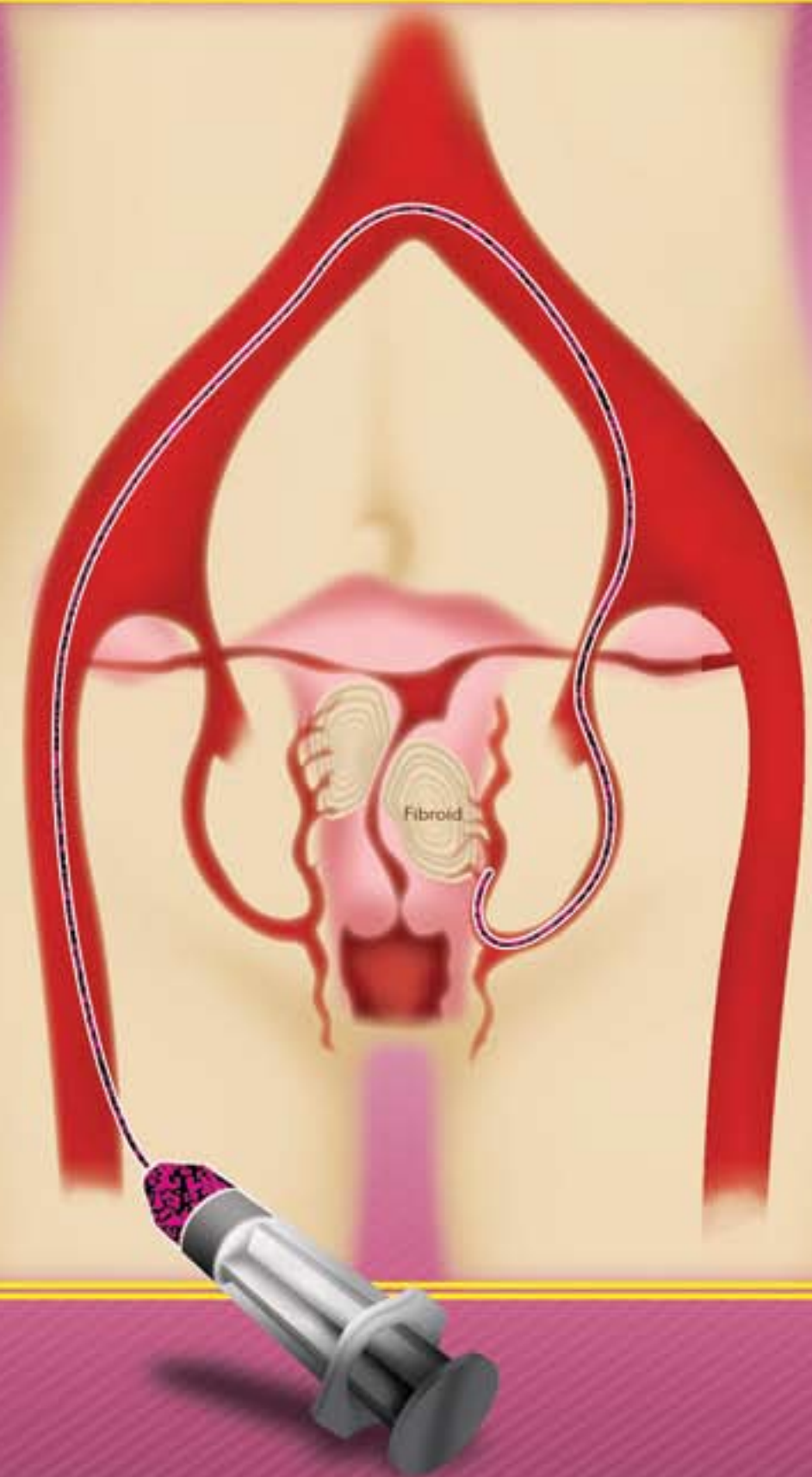
North Bridge Road	7, 32, 51, 61, 63, 80, 145, 197 & 851
Victoria Street	2, 7, 12, 32, 33, 51, 61, 62, 63, 80, 130, 133, 145, 197, 520, 851, 960, 980, NR7, NR8, SN10 & SN20

### Useful Telephone Numbers

General Enquiries	(65)6311 1111
24 Hour Appointments Hotline	(65)6311 1222
· Specialist Clinics	
· Raffles Health Screeners	
· Physiotherapy Centre	
24 Hour Emergency	(65)6311 1555
Family Medicine Centre	(65)6311 2233
Raffles International Patients Centre	(65)6311 1666
Admissions / Business Office	(65)6311 1888

585 North Bridge Road Raffles Hospital Singapore 188770  
www.raffleshospital.com enquiries@raffleshospital.com

# Non-Surgical Treatment of Uterine Fibroid



**RafflesHospital**

Uterine fibroid embolisation (UFE) is a non-surgical alternative for the treatment of fibroid tumours of the uterus.

Fibroid tumors or myomas are masses of fibrous and muscle tissue in the uterine wall. These are benign but may cause heavy menstrual bleeding, pain in the pelvic region, or pressure on the bladder or bowel.

UFE is a new method similar to that used in heart catheterisation. A small long tube is placed in each of the two uterine arteries, and small particles are injected to block the arterial branches that supply blood to the fibroids. The fibroid tissue dies, the masses shrink, and in most cases symptoms are relieved.

### Benefits

- Minimally invasive: UFE is less invasive than open surgery. Patients can ordinarily resume their usual activities weeks earlier than if they had a hysterectomy.
- Minimal blood loss during UFE. There is virtually no risk of requiring a blood transfusion and risking contracting blood borne diseases.
- No requirement for general anesthesia, and therefore again less risk.

### Effectiveness

- Approximately 85% of women who have their fibroids treated by UFE experience either significant reduction or complete resolution of their fibroid-related symptoms. This is true for women with heavy bleeding and for those with bulk-related symptoms such as pelvic pain or pressure. Overall, fibroids will shrink to half their original size six months after UFE.
- Long lasting effects: Follow-up studies lasting several years have shown that it is rare for treated fibroids to regrow or for new fibroids to develop after UFE. This is because all fibroids present in the uterus, even small early-stage masses that may be too small to see on imaging studies, are treated during the procedure.

### Limitations

- Should not be done on women who have no symptoms, when cancer is a possibility, or when there is inflammation or infection in the pelvis.
- Should be avoided in women who:
  - are pregnant
  - have renal failure
  - have an allergy to contrast material containing iodine

### Risks

- Catheter-related risks - Any procedure that involves placement of a catheter inside a blood vessel, including UFE, carries certain risks. These risks include damage to the blood vessel, bruising or bleeding at the puncture site, and infection. However, the chances of any of these events occurring during UFE when performed by an experienced interventional radiologist is less than 1%.
- An occasional patient may have an allergic reaction to the x-ray contrast material used during UFE. These episodes range from mild itching to severe reactions that can affect a woman's breathing or blood pressure. Women undergoing UFE are carefully monitored by a physician and a nurse during the procedure, so that any allergic reactions can be detected immediately and reversed.
- Passage of fibroid tissue: From 2% to 3% of women may pass small pieces of fibroid tissue after UFE. This occurs when fibroid tissue located near the lining of the uterus dies and partially detaches. Women with this problem may require a procedure called dilatation and curettage (D&C) to be certain that all the material is removed so that bleeding and infection will not develop.
- Early onset menopause: In the majority of women undergoing UFE normal menstrual cycles resume after the procedure. However, in approximately 1 percent to 5% of women, menopause occurs shortly after UFE. This appears to occur more commonly in women who are older than 45 years when they have the procedure.
- X-ray exposure: Women are exposed to x-rays during UFE, but exposure levels usually are well below those where adverse effects on the patient or future children would be a concern.

## Uterine Fibroid Embolisation

Procedure Price: **\$5,400**

Exclusive of prevailing GST

For enquiries, please call Raffles Diagnostica at 6311 1289