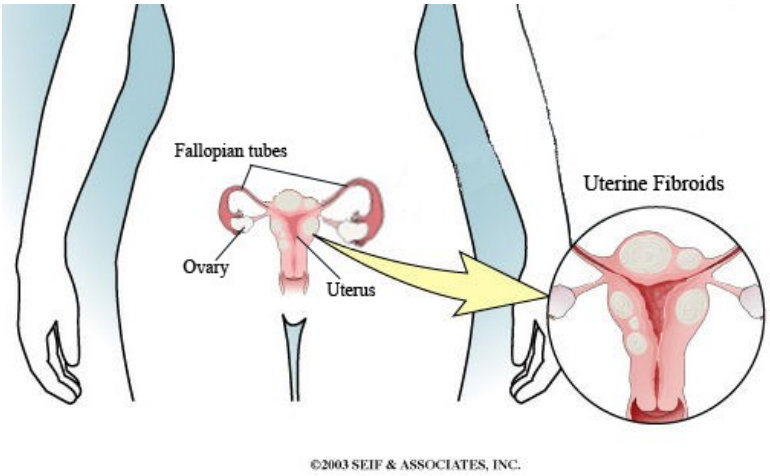
Uterine Fibroid

A fibroid is a noncancerous tumor made of smooth muscle. It is often found in the uterus, but can be found in other parts of the body.



HOME CARE

- Take your medicine as told by your doctor.
- Keep all follow-up visits as told by your doctor.
- Only take over-the-counter medicines for pain and discomfort as told by your doctor. **Do not take aspirin**. It can cause bleeding.
- If you have heavy periods, lie down with your feet raised slightly above your heart. Place cold packs on your lower belly (*abdomen*).
- Write down the number of pads you use and how often you change them. Tell your doctor.
- Take iron pills and eat lots of green vegetables. This will help prevent you from becoming anemic.

GET HELP IF:

- You have heavier bleeding than normal.
- You pass out.
- You change your pad every 20 to 30 minutes.
- You start to have belly (*abdominal*) pain.
- You develop a fever of 100º F (37.8º C) or higher.

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