

# First Visit Guide

We're excited to support you as you start your fibroid treatment journey! This guide will help you prepare for your initial consultation, so you know what to expect and how to make the most of your visit.

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## Before Your Visit



### What to Bring

- Photo ID
- Insurance information and card
- Medical history and records together

### Prepare for Ultrasound:

- Drink plenty of water beforehand
- Eat a light meal
- Avoid using lotions or moisturizers

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## During Your Visit



### Initial Discussion

Your doctor will start by reviewing your medical history and current symptoms to understand your condition. This will help in making an accurate diagnosis and developing a personalized treatment plan for you.

### Examination:

A full history with a limited physical exam is taken. A pelvic sonogram (ultrasound) provides imaging that pinpoints the number of fibroids and their location.

### Treatment Plan

Before finalizing your personalized treatment plan, your doctor will explain the results and diagnosis and then present the treatment options, along with their benefits, risks, and expected outcomes.

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## Additional Resources



### Resources and Tips

- Don't hesitate to ask about your condition or treatment options
- Discuss the next steps, including additional tests or appointments
- Educational materials:
  - [Read about UFE treatment](#)
  - [Download our patient guide](#)
- Questions? Call our Care Team at [\(855\) 444-8045](tel:(855)444-8045) for assistance with your fibroid treatment journey.