

Information about having a

# **Varicocele Embolisation**

## **What is a Varicocele Embolisation?**

This is the blocking of the varicose veins (blood vessels) that have developed in the scrotum, causing them to shrink in size and disappear.

## **Who will do it?**

A specially trained doctor called a Radiologist.

## **Where will it be done?**

Usually in a screening room in the x-ray department.

## **When can I discuss the procedure?**

You can discuss this with your Urologist and also the Radiologist before the procedure.

## **Consent**

We will ask you to sign a consent form before the procedure. Please make sure that you ask any questions you may have. When signing the form you should know what we plan to do, alternative treatments, and any risks or complication of the procedure.

## **What preparation is required before the procedure?**

You cannot eat for 6 hours before the procedure but you may drink small amounts of clear fluid up to 2 hours before the procedure.

You will need to undress and wear a hospital gown.

## **What happens during the procedure?**

You will need to lie on your back on the x-ray table. We may give you sedatives or painkillers via a needle in your arm. We will monitor your vital signs (blood pressure, pulse, oxygen intake). You may need oxygen.

The radiologist will inject local anaesthetic into your neck or groin and then they place a fine plastic catheter in the vein through a very small cut. They use the catheter to find the veins supplying blood to the varicocele. The radiologist uses x-ray equipment for guidance.

The radiologist injects tiny particles or coils into the veins until the blood flow stops. We then remove the catheter and apply pressure to the groin area to prevent bruising.

## **How long will it take?**

Every patient's situation is different, for a variety of reasons; however you can expect to be in the x-ray department for about 1 to 2 hours.

## **What happens afterwards?**

The procedure itself is relatively painless but most patients will experience some pain lasting up to 24 hours after the procedure.

The nursing staff will monitor you and carry out routine observations (blood pressure, pulse etc) within the department.

Most men are well enough to go home following the procedure. You should be able to return to work within a couple of days. This will depend on your job.

## **Are there any risks or complications?**

Early experience suggests the procedure is safe and serious complications are rare.

Pain is very common in the first 24 hours but painkillers will help this.

There may be bruising in the groin area where the vein is punctured but this should settle after a few days.

**If you have any questions please telephone the number on your appointment card or letter.**