



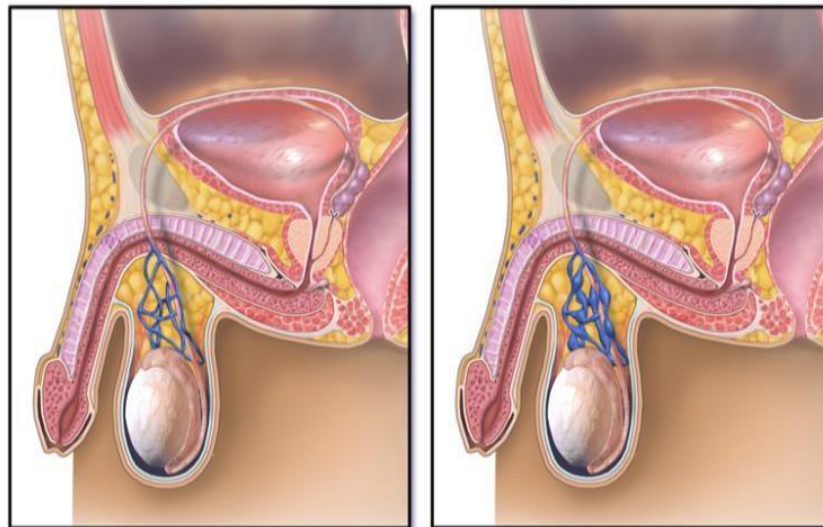
If you have any questions or concerns, call the Registered Nurse at 705-325-2201 ext: 3497 Monday-Friday 0800-1600hrs. If any urgent concerns go to the Emergency Department

What Is A Varicocele Embolization?

Varicocele embolization uses ultrasound and X-Ray guidance to insert a catheter (long, thin, hollow plastic tube) to place tiny coils and/or a liquid substance in a blood vessel to divert blood flow away from the varicocele. It is less invasive than conventional surgery, can safely relieve pain and swelling, and may improve sperm quality.

Why Do I Need A Varicocele Embolization?

A varicocele is a collection of enlarged veins that drain blood from the testicle (pictured), like varicose veins in the leg. These enlarged veins in a male's scrotum with abnormal blood flow may cause pain, swelling or infertility. Embolization is a way of blocking these veins, making them less obvious and causing the varicocele to shrivel away without surgery.



Normal

Varicocele

How Is The Procedure Done?

Before:

Your doctor will arrange for bloodwork prior to the procedure. Your doctor will also ask you to **stop any blood thinners** you may take. Talk to your doctor about which medications need to be stopped prior to the procedure, for how long, and when you can safely start them again. You may have a light breakfast or lunch before your procedure and take your usual medication **except** blood thinners or diabetic medications.



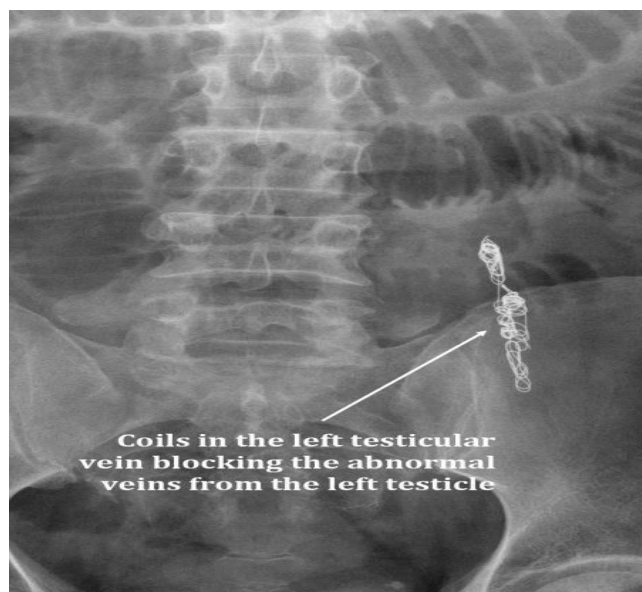
You will need someone to drive you home after the procedure.

During:

- Imaging-guided, minimally invasive procedures, such as varicocele embolization, are most often performed by a specially trained radiologist, an interventional radiologist with the use of ultrasound and X-ray. A local anesthetic (freezing) will be injected into the neck or groin to numb the path of the guidewire.
- A guidewire is steered under X-ray control into the enlarged vein that drains blood from the testicle and a catheter is placed (narrow tube). When the catheter is placed in the correct position, the radiologist will inject coils (pictured below) or a special liquid to stop the flow of blood from the testicle.
- X-rays will be taken to confirm that the abnormal veins have been blocked completely. You will not feel anything as the catheter and wires are being steered in the blood vessels.

After:

- Rest for the remainder of the day following your procedure.
- Have a responsible adult spend the night following your procedure.
- Do not drive for 24 hours following your procedure.
- Do not lift anything weighing over 5 kilograms (10 pounds) for 72 hours following your procedure.
- Do not participate in sports or strenuous activity for 72 hours following your procedure.
- The veins above your testicle often become more prominent and tender in the first few days after the procedure; gradually these become less obvious although the veins may not disappear completely.





Diet

- You can eat what you normally eat.

Medications

- If you need anything for pain or discomfort, take Tylenol (acetaminophen) for the next 48 hours. Follow the directions on the label.
- **Do not** use Aspirin or ibuprofen products, such as Advil or Motrin, as it may increase the risk of bleeding.
- Resume your usual medications unless instructed differently.

Dressing Care/Sutures

- Remove the gauze dressing on your neck the day after your procedure.

Bathing

- You may shower the day after your procedure.
- **Do not** bathe or swim (especially in lakes) for one week, as this may lead to an infection.

What To Watch For:

- Severe pain at insertion site in your neck
- Feeling unusually faint or light headed
- Increasing testicle pain that is not like your normal discomfort
- Chills/Fever (more than 100°F / 38°C)
- Bruising at insertion site (normal)
- Redness, excessive swelling, or discharge from insertion site at your neck

If you experience any of the above problems then call your doctor, Telehealth Ontario,(1-866-797-0000), or go to your nearest Emergency Department. Take this sheet with you.

Use this material for your information only. It does not replace advice from your doctor or other health care professional. Do not use this information for diagnosis or treatment. Ask your health care provider for advice about a specific medical condition.