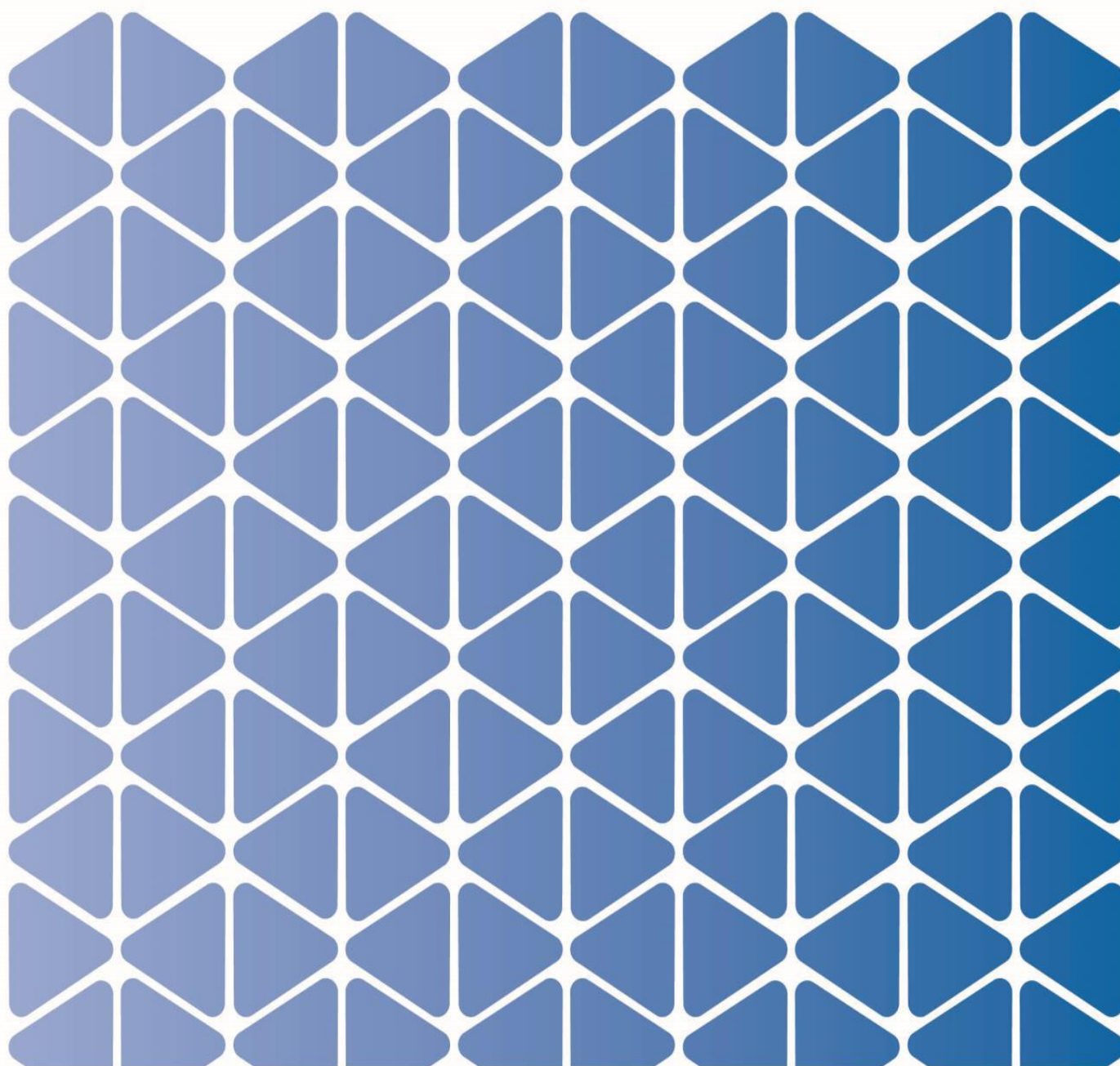


PATIENT INFORMATION**VARICOCELE EMBOLISATION**

What is a varicocele?

A varicocele is a condition where the veins in the scrotum become dilated or enlarged. This can cause pain, swelling, and discomfort. It is commonly seen in the left testicle and can sometimes impact fertility.

What is varicocele embolisation?

Varicocele embolisation is a minimally invasive procedure for the treatment of varicoceles. The procedure involves the insertion of a catheter (small plastic tube) into a vein in the groin area or neck, which is guided to the affected veins in the scrotum. The veins are then blocked using coils. This procedure is usually done under local anaesthesia.

What are the benefits of varicocele embolisation?

Varicocele embolisation has several benefits over traditional surgical treatment for varicocele, including:

- It is minimally invasive and does not require a prolonged recovery time
- It is highly effective in treating varicocele, with success rates ranging from 80-90%.
- It has low complication rates and is considered very safe.
- It can improve fertility in some cases and improve testicular function.
- It is done on a day case basis and does not require hospitalisation.

What are the risks associated with varicocele embolisation?

As with any medical procedure, varicocele embolisation carries some risks. These risks include:

- Temporary discomfort, pain, or bleeding at the site of catheter insertion
- Infection
- Allergic reaction to the anaesthetic, embolic agent (coils) or contrast dye
- Damage to surrounding tissues or organs
- Recurrence of varicocele
- Risk of blood clot formation
- Testicular atrophy (shrinking of the testicles)

This procedure involves exposure to x-rays. X-rays consist of a type of radiation known as ionising radiation. The doses that are used in medical x-rays are very low and the associated risks are minimal. The radiologist is responsible for making sure that your dose is kept as low as possible and that the benefits of having the x-ray outweigh any risk.

Your doctor will discuss these risks with you in detail and will provide you with information about how to minimise them.

What happens during the procedure?

There is no need to fast for the procedure and please take regular medications.

Before the procedure, you will be given a local anaesthetic to numb the area where the catheter will be inserted.

Once you are comfortable, the doctor will insert a catheter into a vein in your neck or groin and guide it to the affected vein. A contrast dye is injected to help visualise the area, and then coils will be injected into the vein, causing it to become blocked.

After the procedure, you will need to lie or sit still for a few hours. You may have pain medication or anti-inflammatory drugs to manage any discomfort.

What should I expect after the procedure?

After varicocele embolisation, you may experience some mild discomfort, swelling, or bruising in the groin area. These symptoms usually subside within a few days. You will also need to avoid any strenuous activity for at least 48hrs and make sure you have time off from work for 2 days after the procedure.

- Ask a responsible adult to take you home by car or taxi.
- Arrange for a responsible adult to stay with you for 24 hours.
- Eat and drink as usual after the procedure.
- Rest for the remainder of the day and possibly for the next day, depending on how you recover.
- Take your usual pain medicine like paracetamol if you have any discomfort and follow the instructions on the packet.
- Continue taking your usual medicines as prescribed, unless the Interventional Radiology (IR) doctor or nurse gives you different advice.
- Avoid any exercise including sexual activity that involves a lot of effort or energy, or heavy lifting, for 48 hours (2 days) after the procedure.
- Remove the small dressing after 48 hours.
- Continue your usual daily activities after 48 hours, if you feel well enough

Further Information

BSIR Patient Information on Varicoceles

https://www.bsir.org/patients/varicoceles/#col_right

NHS Patient Information Website

<https://patient.info/mens-health/scrotal-lumps-pain-and-swelling/varicocele>

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaint procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.