

Information for Patients and Carers

Discharge Information Following a Varicocele Embolisation



Patient Details:

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Date:

Procedure performed:

Medications given:

Sedation: YES / NO (if yes, please see separate advice sheet)

Advice following your procedure

The procedure was carried out under local anaesthetic, the effects of which last approximately 2-3 hours.

It is important you follow these instructions for the next 48 hours:

- Have a responsible adult escort you home and supervise you overnight
- Once home, rest for 24 hours. After 24 hours, you may begin to move about slowly BUT do not undertake any form of strenuous exercise
- For pain/discomfort take Paracetamol (but avoid Aspirin or Ibuprofen) and follow the advice on the medication. If the pain continues for longer than 24 hours, please seek medical attention
- Regularly check your neck/groin (puncture site) where you had the procedure. Some bruising may occur and this is quite normal. If swelling or bleeding occurs, apply immediate

pressure directly to the area for 5 to 10 minutes, and seek urgent medical attention in the form of an ambulance. Please take your discharge letter with you

- DO NOT have a bath or shower within 24 hours
- Avoid heavy lifting and excessive exercising for 2 weeks
- You MUST NOT drive. Your co-ordination and judgement may be affected, and your insurance would be invalidated. Please contact your insurance company for specific stipulations

Additional information

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Out-patients follow-up appointment details:

Usually, no follow-up is required following this procedure. If you require any further information, please contact your referring urology team.

Contact details

Should you require further advice or information, please contact your urology team or you can contact Interventional Radiology between 8.30am and 4.30pm, Monday to Friday, on **01772 522343**.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

www.bsir.org

www.gov.uk/government/publications/ionising-radiation-from-medical-imaging-examinations-safety-advice/exposure-to-ionising-radiation-from-medical-imaging-safety-advice

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www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone 08081962638

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

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Division: Diagnostics and Clinical Support

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