



Minimally Invasive
Procedure Specialists

Cryoablation

WHAT YOU NEED TO KNOW

Ablation is a minimally invasive procedure that uses special needles to apply heat, cold, lasers, or chemical agents to destroy cancer cells. The ablation reaches the tumor through a special needle. You will need to have imaging tests done to guide the placement of the needle into the tumor. These imaging tests may be a computed tomography (CT) scan, magnetic resonance imaging (MRI), or an ultrasound. Once the needle reaches the targeted area, the ablation therapy will deliver the selected agent to destroy the cancer cells.

Your ablation will be done by an interventional radiologist. Interventional radiologists are doctors who specialize in image guided procedures and will use scans during the procedure to help guide the placement of needle into the tumor. Your doctor will talk with you about the type of ablation that is best for you.

DISCHARGE INSTRUCTIONS

- Resume your regular diet.
- Drink at least six 8-oz. glasses of water over the next 24 hours. Water helps to clear the dye used during the procedure.
- On the day you leave the hospital, limit your activities. You may resume all other daily activities 24 hours after the procedure.
- Do not engage in any physical exercise or heavy lifting (greater than 10 lbs.) for the next three days.
- Do not drive for 24 hours after the procedure.

INFORMATION ON SEDATION

You received a combination of medications to relax you during your test or procedure. These will be acting in your body for at least the next 24 hours, so you might feel sleepy and may forget things. This feeling will slowly wear off. Because the drug is still in the body, for the next 24 hours, you:

- SHOULD NOT- Drive a car
- SHOULD NOT- Use machinery or power tools
- SHOULD NOT- Drink any alcoholic beverages (not even beer or wine)
- SHOULD NOT- Take any drugs unless okayed by your doctor
- SHOULD NOT- Decide anything that is important (such as sign important papers)
- SHOULD NOT- Smoke unless someone is near to watch you closely
- SHOULD NOT- Use a hot tub

WHAT TO EXPECT

- You should be able to walk around as well as you did before the procedure.
- Most patients will feel no ill effects from this treatment, but a small number may experience a variety of relatively minor symptoms. The most common complaint is midback discomfort, which should be relieved with simple pain relief such as Tylenol. It should subside after two to three days.
- A small amount of blood in the urine, or pink colored urine is normal and will usually have resolved before you are discharged from hospital.
- Occasionally a 'nerve type' pain can be felt, passing around the side of the upper abdomen and towards the groin. This can feel like a sharp pain, pins and needles, or numbness. This is caused by temporary damage to a nerve caused by the freezing process. It should resolve after a few weeks but can last a number of months.
- Six weeks after your cryoablation procedure, a CT scan, MRI or other image will be taken to be certain the treatment has been effective.

WHEN TO CALL YOUR DOCTOR

Call your doctor if you have:

- A temperature of 101°F or higher
- Pain, nausea, or vomiting that's worse than it was before your treatment.
- Redness, swelling, or pain around the area where the needle was placed.
- Severe abdominal pain
- Feeling lightheaded or faint
- Shortness of breath
- Passing dark blood that is visible when you urinate

If you have questions, contact the Radiology Care Unit at **(303) 738-2734** Monday through Friday from 7:00AM-5:00PM. For urgent matters after hours, call the Radiology Department at **(720) 528-0775** and ask for the MIPS Interventional Radiologist on call.