



CRYOABLATION DISCHARGE EDUCATION

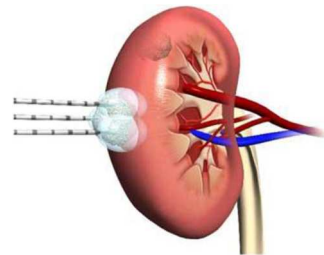
Information:

Cryoablation is a treatment that freezes abnormal or tumor cells. A needle probe(s) is inserted into the tumor using CT guidance. The probe is cooled to create an ice ball which disrupts the metabolism of the tumor cells, interrupts blood flow, and causes death of the tumor.

Depending on the size of the tumor, cryoablation can shrink or kill the tumor. This procedure can often be repeated if the cancer comes back (recurs), or if the tumor has an incomplete response.

What should I expect after the Cryoablation?

- Treatment site pain for a few days following treatment. This does not usually require more than a few days of prescription pain medicine. Many patients only use over the counter pain medication.
- Pink tinged urine is a common occurrence but should clear in a few days.
- Do not plan anything active or requiring your close attention for the first few days following discharge from the hospital. If you work, you may return as soon as you feel able. Most patients do not need more than 1-2 days away from work.
- There are no dietary restrictions specifically due to this procedure. If you had restrictions prior due to other treatments or diseases such as diabetes, cardiovascular disease, or renal disease, continue with these.



Bathing & Wound Care:

- It is okay to shower 24 hours after the procedure. Gently wash the site with soap and water, do not scrub. Do not bathe or soak in water for 3 days following the procedure.

Follow-up visit information:

Call your primary doctor after discharge for a follow-up appointment if you don't already have one. Follow up with Interventional Radiology is not routinely necessary but follow up imaging will be done at approximately 6 months, 12 months and every year for 5 years to monitor status of treatment and catch early recurrence.

Occasionally, a situation will require prompt attention and an emergency room visit is necessary:

- Your procedure site starts bleeding and will not stop after 10 minutes of firm pressure
- You have shaking chills or a temperature over 102°F
- Sudden shortness of breath
- Frank bloody urine or inability to urinate



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- Severe, increasing flank pain (or pain where the procedure was performed)

With these urgent situations, please call Oregon Interventional Radiology for the best course of action.

If you received Conscious Sedation (IV sedation) or General Anesthesia and are discharged the same-day:

- You must have someone drive you home when you leave the hospital.
- For 24 hours after your procedure, do not do anything where you need to be mentally alert. This includes making important decisions, operating machinery, signing important papers, etc.
- Eat light for the first 24 hours, and then start eating more as you are able. Drink plenty of fluids.
- Sore throat or mild “hang over” type feeling for a day or two from the general anesthesia. This may include mild nausea.
- If you are taking pain medications:
 - Take as directed
 - Do not drink alcohol while taking narcotic pain medication
 - Do not drive
 - If you are constipated, drink more fluids and eat more fiber. You can also use an over-the-counter stool softener.

For any questions please contact Oregon Interventional Radiology at 541-618-5801

In all emergency situations call 911