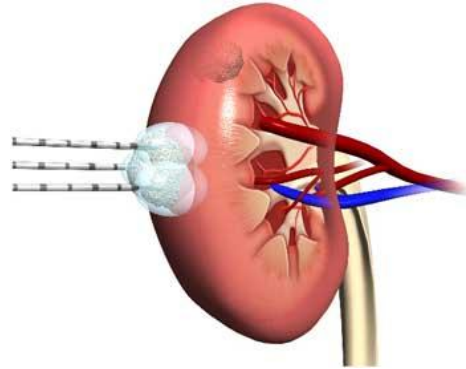


Interventional Radiology Patient Discharge Education Cryoablation Treatment

Cryoablation is a treatment that freezes abnormal or tumor cells. A needle probe is inserted into the tumor using CT guidance and releases a gas which decreases the temperature of the treatment area and destroys the abnormal cells. 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.



EXPECTED SIDE EFFECTS:

Most patients have few side effects following cryoablation treatment. Listed below are a few common complaints from patients.

- Treatment site pain for a few days following treatment. This usually does not require more than a few days of prescription pain medicine and many patients only use over the counter pain medication.
- Mild fatigue for a few days following treatment.
- Sore throat or mild “hang over” type feeling for a day or two from the medicines given during the procedure to keep you comfortable. This may include mild nausea.

Going Home:

Diet: 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.

Activity: 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.

****A responsible adult must accompany you home from the hospital. This is a Stanford policy for your safety****

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

Medications: Usually, your pre-procedure medications do not change. You will be told before discharge if any of your medicines change. The following medications **may** be prescribed to you upon discharge IN ADDITION to your normal medicines:

1. Narcotic pain medicine, usually Percocet or Vicodin. Take this if you have pain, but not more frequently than every six hours
 - **Do not drive after taking this medicine, it causes drowsiness
 - **If the bottle says it has Acetaminophen with it, do not take additional Tylenol while taking this medication.
 - **This medicine causes constipation. If this is a problem for you, increase your fluid intake and take an over the counter stool softener such as docusate sodium or dulcolax. Call us if you have not had a bowel movement in more than three days.
2. Anti-nausea medication, either Phenergan or Zofran.

Follow Up:

- We recommend calling your kidney or lung doctor to set up a follow up appointment after you are discharged from the hospital. Every doctor is different in when they want to see their patients after treatment but they will be glad to hear that your treatment was performed and you are doing well. You do not need a follow up appointment with Interventional Radiology.
- Follow up imaging is ordered either by us or your kidney/lung doctor and is done 3-4 months after treatment. If you have this scan done outside of Stanford, please be sure to mail us a copy of the CD images for your interventional radiologist to review. We will contact you with the results. If further treatments will be required, we'll let you know at that time.

If you have a question about follow up imaging or test results, please call 650-736-9081

When to Get Medical and Emergency Help:

Call our RN triage line at 650-736-9081:

- If you have a temperature over 101.0°F
- If your pain is not controlled
- You have questions about your treatment or new prescriptions
- You have pain where the treatment probe was placed that is worsening more than improving
- You have any other symptoms you are concerned about within 2 weeks of treatment

Go to your nearest Emergency Room:

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

Interventional Radiology Contact Information

Office Hours 8:00 am - 4:30 pm

Post procedure questions and RN Triage:

Phone: **650-736-9081** Fax: 650-736-7734

Email: irprocedure@stanfordmed.org – non urgent concerns only

For all After Hours Urgent/Emergent issues:
Call the Stanford *Page Operator*: **650-723-6661**
Ask for the IR MD ON Call (pager # 27237)