

Patient information factsheet

Renal cryoablation aftercare advice

You have undergone a procedure called ‘percutaneous renal cryoablation’ under a general anaesthetic (medicine given to make you go to sleep), to treat a tumour on your kidney. This factsheet explains the symptoms you need to be aware of and when to seek medical advice. Please keep it in a safe place in case you need to refer to it in the future.

Your referring urology consultant’s name is:.....

Your interventional radiologist’s name is:.....

About the procedure

The procedure involves the passing of several small needles through your skin, via which the tumour on your kidney has been frozen. You will have small puncture marks on your back, but no stitches. These will heal over the following week or two.

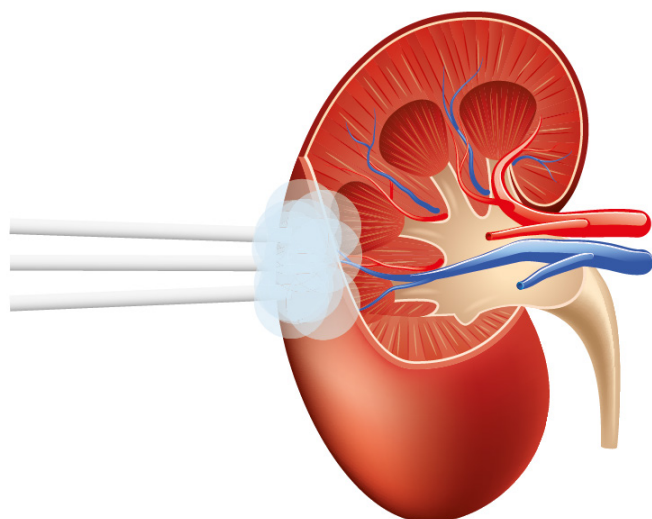


Image showing needles freezing the tumour

Recovery and side effects

You should be able to walk around as well as you did before the procedure.

Most people 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 a little loin (mid back) discomfort, which should be relieved with simple pain relief, such as paracetamol, and subside after two to three days.

Patient information factsheet

A small amount of blood in your urine, or 'rose' coloured 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 and is sometimes accompanied by a small bulge at the front of the tummy. 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.

Exposure to radiation

For your procedure we needed to use x-rays (a type of radiation used to see inside your body). Exposure to radiation can slightly increase a person's lifetime cancer risk, but for this procedure, the risk was moderate. Your doctor decided that the benefit to you from the procedure outweighed the low risk from the radiation.

Symptoms to look out for and when to seek help

Seek medical attention immediately if you experience:

- feeling lightheaded or faint
- shortness of breath
- sudden pain in the loin (mid back)
- passing dark blood which is visible when you urinate

Seek help straight away - do not delay until the following morning. Go to your local emergency department or call your GP for advice.

Please take this factsheet and a copy of your discharge summary with you when you visit the emergency department or GP.

Contact your GP within 24 hours (but preferably on the same day) if you experience:

- minor ongoing discomfort in your loin (mid back)
- 'nerve type' symptoms (sharp pain, pins and needles, or numbness in the abdominal/groin area)
- urine which is slightly discoloured
- calf swelling (without shortness of breath)

Please note that it is highly unlikely that you will experience any of the symptoms mentioned above following your treatment.

What happens next?

We will invite you for a follow-up CT scan within a month of having renal cryoablation. If you do not receive an appointment letter for this, please contact your referring doctor's secretary.

You will not normally be seen by a doctor when you come for your scan, or be given any results on that day. You will receive a further follow-up appointment, usually with your referring urologist, and the results will be discussed with you then.

Assuming that your first follow-up scan shows a good result, we would usually recommend further surveillance CT scans at one, three and five years after your procedure.

Patient information factsheet

Contact us

If you have any further questions or concerns, please contact us.

For general questions, or if you wish to discuss your appointments, please contact your referring urology consultant.

For all other queries, please contact the interventional oncology radiology nurses on **023 8120 1329**.

Useful links

www.cancerresearchuk.org/about-cancer/kidney-cancer/treatment/cryotherapy

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

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