Patient Information about Varicocele Embolization
Barnes-Jewish Hospital Interventional Radiology

What is a Varicocele?

- A varicocele is an enlarged blood vessel in the scrotum.
- It can cause pain, swelling and infertility.

What is Varicocele Embolization?

- This procedure blocks the blood flow to the enlarged vessel.
- It safely relieves pain and swelling and may improve sperm quality.

How is it done?

- The doctor (Radiologist) locates a vein in your neck or groin with ultrasound, numbs the skin, and inserts a small tube (catheter).
- Using a live X-ray (fluoroscopy), the tube is guided to the enlarged blood vessel to block the blood supply.
- Afterwards, the tube is removed and pressure is held at the site.

Before your procedure:

- It is important that you **do not eat or drink anything 6 hours before your procedure**. However, you may take your medicines with a sip of water.

When you arrive:

- A nurse will greet you, ask you to change into a gown, obtain your medical history, and place an IV in your hand or arm.
- The doctor will then meet with you to review your medical history, explain the procedure, answer your questions, and have you sign the consent form.

During your procedure:

- After being safely positioned on the procedure table, a nurse will get your blood pressure, heart rate and oxygen level.
- You will be given medicine through your IV to help you relax and to relieve any pain.
- The procedure will take about 1 hour.

After your procedure:

- You will be taken to the holding area to rest for about 1 hour.
- A nurse will review the following with you and your loved-ones:
  - ♦ discharge instructions
  - ♦ activity restrictions
  - ♦ follow up appointment

If you have any of the following:

- **Swelling or drainage at the insertion site.**
- **Fever greater than 101.5° for more than 24 hours.**
- **Severe pain at the insertion site that cannot be relieved.**

Please call the Interventional Radiology Department at 314-362-2353, Monday-Friday from 7:30am - 4:30pm.

All other times call 314-362-1242 and ask to have the Interventional Radiologist paged.

Disclaimer: *This material provides general information only. It should not be used in place of the advice, instructions, or treatment given by your doctor or other health care professional.*

New: 09/2015

BARNES-JEWISH Hospital
BJC HealthCare

BJ15-3973