

Testicular vein, or internal spermatic vein, embolization

You are coming for a testicular vein embolization procedure. The procedure requires both preparation and aftercare and therefore a place is reserved for you in the ward as well.

What is spermatic vein embolization and what is the purpose of this procedure?

The purpose of the procedure is to block the veins that cause varicoceles (testicular varicose veins). Dilated veins in the testicles usually cause pain and are often also the cause of infertility. Enlargements occur almost exclusively in the left scrotum due to anatomy.

How to prepare for the procedure?

- You will arrive at the hospital the day before the procedure or on the same day as the procedure.
- Anti-blood clotting medication (Marevan) is stopped 3–4 days before the test, with the consent of the treating physician, to prevent bleeding during the procedure.
- Metformin medication for diabetes does not need to be stopped before the procedure. However, the medicine may be stopped after the test if kidney function so requires. You may take other medicines as before with a small drop of water.
- The examination is usually done through the femoral vein, therefore the skin around the groin fold area should not have redness or a rash, due to the risk of inflammation.
- Known contrast allergies and kidney impairment should also be reported in advance.
- **You must fast from the morning of the day of the procedure.**

How is the procedure done?

The procedure is done with the help of X-rays. The procedure is performed by a Radiologist and two Radiographers. During imaging, you are lying still on your back on the x-ray table. The procedure is performed under local anaesthesia. A thin plastic tube, or catheter, is inserted through the femoral vein into the area to be imaged, through which a contrast agent is injected. X-rays are taken at the same time. There is no pain sensitivity in the blood vessels, so moving the catheter in the blood vessel does not hurt. Injecting the contrast agent produces a warm sensation. If an enlarged vein is found in the images, it may alternatively be occluded or embolized with Aethoxysklerol 3 per cent and/or 99.5 per cent Ethanol and/or coils.

What about after the procedure?

- The procedure takes altogether about 1 hour, after which the catheter is removed, and the injection site is closed by pressing.
- Depending on the treatment, the length of the bed rest varies from 2 to 6 hours.
- After the examination, you can eat and drink normally, unless there are other restrictions.
- You can usually go home the next day. At home, vigorous physical exertion should be avoided for a few days to avoid injection site leakage. When you go home, you will receive more detailed aftercare instructions from the ward.

Where do you get the results from the procedure?

The referring outpatient clinic or ward is responsible for communicating the results of the examination to you.