

Going home after your testicular embolisation

You have just had a testicular embolisation. It is important for your safety that you follow the instructions below for the next 48 hours.

You should rest for the remainder of the day and possibly for the next day, depending on your recovery.

- Have someone stay with you overnight.
- Eat and drink normally.
- Take your usual pain relief, as prescribed, if you have any pain.
- Continue with your normal medication as prescribed, but if you take **metformin** tablets, please do not take them for the next **two days**.
- You can have a **shower 24 hours after the procedure or bath 48 hours after the procedure**.

Keep a regular check on the puncture site where you had the procedure. To give the puncture site time to heal, **do not:**

- drive for 48 hours after the procedure
- do any form of strenuous exercise for 48 hours after the procedure.

You can resume your normal activities after **48 hours**.

What if I have a problem at home?

You may notice some bruising at the puncture site. Bleeding or swelling is rare, but if it does happen, lie down and apply pressure directly on the site for ten minutes. If the bleeding or swelling continues after ten minutes, you should go to your nearest Emergency Department (A&E), taking this sheet with you.

Please contact the interventional radiology department on **0207 188 5576 at Guy's** or **020 7188 5479 at St Thomas'** (Monday to Friday, 9am to 5pm) if you need advice.

If you feel you need urgent medical attention or are worried about anything outside of our normal opening hours, please contact your GP, NHS Direct/NHS111 (which gives health information and advice from a specially trained nurse over the phone 24 hours a day) or go to your nearest Emergency Department (A&E).

Testicular embolisation

Patient's name _____

Date of birth _____

Hospital number _____

Date of procedure _____

Summary of the procedure

Doctor's name _____

Doctor's signature _____

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk

w: www.guysandstthomas.nhs.uk/membership