

Embolization

Embolization is a minimally invasive procedure used to block abnormal blood vessels, reduce bleeding, or cut off blood supply to tumours or aneurysms.

A catheter is inserted into an artery, and tiny particles, coils, or special agents are injected to block the targeted blood vessel,

Health Education for Patients

1. Understanding the Procedure:

During embolization, a catheter is inserted through a small puncture in the skin and guided to the target area. The embolic agents are then delivered to halt blood flow to specific tissues or organs, which can help in treating conditions like tumours or abnormal blood vessel formations.

2. Preparation for the Procedure:

Patients will undergo imaging tests prior to the procedure to identify the exact location and nature of the tumour. It's important to discuss any medications, allergies, or health conditions with the IR to ensure safe management during the procedure.

Before the Procedure

- **Fasting:** Do not eat or drink for 6-8 hours before the procedure.
- **Medications:** Take your usual medications unless instructed otherwise. Blood thinners may need to be stopped a few days before.
- **Allergies:** Inform your doctor about allergies to iodine, contrast dye, or medications.
- **Hydration:** Drink plenty of water the day before (unless restricted).
- **Consent:** You will sign a consent form after discussing risks and benefits with your doctor.

During the Procedure

The doctor will insert a catheter (thin tube) into an artery, usually through the groin or wrist.

A contrast dye is injected to guide the placement of embolization materials.

Tiny particles, coils, or glue-like substances are used to block the targeted blood vessels.

The procedure usually takes 30 minutes to 2 hours and is performed under local or general.

After the Procedure

Hospital Stay & Immediate Care:

You may need to stay in the hospital for a few hours or overnight for monitoring.

- **Bed Rest:** Lie flat for 4-6 hours if the catheter was inserted in the groin.
- **Site Care:** The catheter site may have a bandage; mild bruising is normal.
- **Pain & Swelling:** Mild pain or cramping is common and can be managed with Medications.

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At-Home Recovery

- **Rest:** Avoid strenuous activities for 1-2 weeks.
- **Site Care:** Keep the insertion site clean and dry for 24-48 hours.
- **Hydration:** Drink plenty of water to help flush out contrast dye.
- **Pain Management:** Use prescribed or over-the-counter pain relievers if needed.
- **Activity Restrictions:** Avoid heavy lifting, climbing stairs, or prolonged standing for 1-2 weeks.
- Start short walks to improve circulation.

When to Call Your Doctor

- Severe pain, swelling, or bleeding at the catheter site.
- Leg or arm becomes cold, pale, or numb.
- Fever, chills, or signs of infection (redness, pus, or swelling).
- Shortness of breath or chest pain.

Long-Term Follow-Up & Lifestyle Changes

- Attend all follow-up appointments to monitor your condition.
 - Manage underlying conditions (e.g., high blood pressure, tumors, or fibroids).
- Healthy Lifestyle: Eat a balanced diet, stay active, and avoid smoking.

Follow-Up Care:

Regular follow-up appointments are essential to monitor the effectiveness of the embolization and to manage any ongoing health issues. These visits allow healthcare providers to assess recovery and make any necessary adjustments to treatment plans.

If you have any concerns, call your healthcare provider at 0356391212 or visit the nearest hospital in case of an emergency.