

## *Renal/Adrenal Ablation*

### SEDATION

The sedation you received for your procedure is still in your system. Therefore, we would like you to take it easy the rest of the day (do not drive and avoid drinking alcohol). **You will need an escort to drive you home.** You will need to have someone stay with you at home overnight.

### SYMPTOM MANAGEMENT

Avoid strenuous high impact exercise for at least one week. Walking is fine.

If you are on a blood thinner such as warfarin (coumadin), plavix, fragmin or aspirin you can start taking it the day after the ablation unless your doctor tells you otherwise. You will need to contact your doctor who manages the blood levels of the warfarin (coumadin) for instructions on getting your next blood test.

It is normal to have soreness at the needle site or sites.

It is normal to have blood in the urine. Pink tinged urine can occur on and off for up to 1 week.

### ABLATION SYNDROME

Some patients' will develop post ablation syndrome. It usually occurs 24 hours up to 3 days after the procedure. The symptoms are like the flu, including aches and pains and a low grade fever. These symptoms usually last no more than 3 days; occasionally they can last for up to a week.

Taking over-the-counter medicines like acetaminophen (Tylenol) or ibuprofen (motrin or Advil) will help with your symptoms.

Stay well hydrated with fluids, such as water.

### WHEN TO CALL OR RETURN TO THE HOSPITAL

For a temperature greater than 101.

If unable to pass urine.

Difficulty breathing.

Blood (red in color) in your urine that does not clear in 72 hours (3 days).

If you experience pain that is not relieved by advil, tylenol, or prescription medication provided.

If your pain increases in intensity several days after your procedure.

If you have any of these problems, call our Ablation Nurse Coordinator at 617-724-2239 between 8am and 5pm Monday through Friday. During evening or weekend hours a doctor can be reached through the answering service at 617-726-1818. Ask the operator to PAGE THE NONVASCULAR INTERVENTIONAL RADIOLOGY FELLOW.

*(continued on back)*



**MASSACHUSETTS  
GENERAL HOSPITAL**

Department of Radiology  
[www.massgeneralimaging.org](http://www.massgeneralimaging.org)



## *Renal/Adrenal Ablation (continued)*

### FOLLOW UP CARE /IMAGING FOLLOW UP

You will need to have a follow-up scans, **either** a CT scan, MRI and or PET CT scan the rest of your life. This is the only way to know if the tumor is completely treated and to be sure the cancer is not growing back or spreading.

You will be given a schedule of appointments for your scans at 1,3,6,9 and 12 months. After 12 months, you will be scheduled every year for a scan. **The imaging must be done at one of our MGH imaging centers** (Boston, Waltham, Charlestown (only MRI) and Chelsea.

We advise you to follow-up with your Oncologist every 6 months, or when they suggest to return.

You will be given a clinic appointment after your first month imaging in the Interventional Radiology Clinic to discuss results. Please contact **617-726-0138** between 8am and 5pm, Monday through Friday, if you need to change your scan or clinic appointment.



MASSACHUSETTS  
GENERAL HOSPITAL

Department of Radiology  
[www.massgeneralimaging.org](http://www.massgeneralimaging.org)

