

How do I take care of myself at home?

Activity at home

- Drink plenty of fluids.
- Resume your regular diet.
- Resume taking regular medications (unless your doctor tells you something different).
- Return to your regular activities (including returning to work) in 1 to 2 days.
- **Do not** do any strenuous exercise or lift anything over 4.5kg (10lbs) for 2 days.
- For the next week, you will have some pain. For liver ablation, expect pain in the upper abdomen, lower chest, and right shoulder. For kidney ablation, expect pain in the flank on the side of the kidney treated. Take the pain medicine you usually take for minor aches and pains.

When to get help

Contact your doctor right away if you have:

- pain that is not controlled with pain medicine
- feel sick to your stomach (nausea) or throwing up (vomiting) and does not go away
- fever above 38.5°C (101°F), aches, chills
- feel dizzy or faint
- redness, swelling, or pus from the needle site(s)

Go to the nearest Emergency Department if you cannot contact your doctor.

How will I know the results of ablation?

Contact the doctor who ordered the procedure (your family doctor, cancer doctor, or other specialist) for a follow-up appointment.

The Medical Imaging Department calls you to come in for a CT scan:

- For liver ablation, 1 month after the procedure.
- For kidney ablation, 3 months after the procedure. (Your urologist arranges for CT scanning again 6 months and 12 months after the procedure.)

Locations

Lions Gate Hospital Medical Imaging, Lower Level 231 East 15 th Street, North Vancouver	604-984-5775
Royal Columbian Hospital Medical Imaging, Columbia Tower 330 E. Columbia Street, New Westminster	604-520-4640
St. Paul's Hospital Medical Imaging, 2 nd Floor, Providence Building 1081 Burrard Street, Vancouver	604-806-8006
Vancouver General Hospital GI/GU Department, Jim Pattison Pavilion Station 4, Ground Floor, 855 West 12 th Avenue, Vancouver	604-875-4111 Ext 68612

HealthLinkBC **8-1-1**
Call any time you have any questions or concerns. HealthLinkBC is open 24 hours. Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

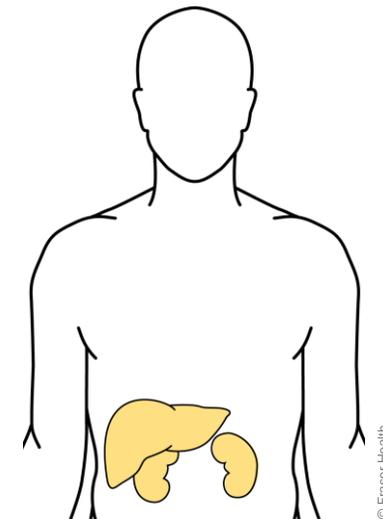
www.fraserhealth.ca ♦ www.vch.ca

This information does not replace the advice given to you by your healthcare provider.

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Radiofrequency Ablation (RFA)



I am having radiofrequency ablation of my:

- Liver
- Kidney

What is radiofrequency ablation?

Radiofrequency ablation (say *ah-blai-shun*) is a procedure that uses high-frequency electrical current to create heat. The heat passes through a needle probe that is inserted into the tumour. Depending on the size of the tumour, this procedure can shrink or kill the tumour, improving and extending life.

Who will be doing the procedure?

An interventional radiologist does the procedure (a doctor who specializes in image guided procedures). The radiologist uses ultrasound and CT scanning to guide the needle to the tumour.

If you have any questions about this procedure, you can ask the radiologist before the procedure.

Can I bring a relative or friend?

Yes, a relative or friend can stay with you before and after the procedure. However, for safety reasons, they cannot be in the room with you during the procedure.

You must arrange for a responsible adult to drive or escort you home after this procedure.

What do I need to do to prepare for this?

Our Medical Imaging Department contacts your doctor's office or you directly with specific instructions about how to prepare for this procedure.

What happens before the procedure?

An intravenous is started before the procedure. This allows sedation medications to be given to you. You are monitored both during and after the procedure.

What happens during the procedure?

- For liver ablation, you are positioned lying on your back.
- For kidney ablation, you are positioned lying face down.

We place grounding pad(s) on your thighs or buttock. We might need to shave the area to make sure the pads have good contact with your skin.

The radiologist then:

- Injects numbing medicine (similar to dental freezing) into the skin over the area.
- Makes a small cut (incision) in the skin.
- Guides the needle probe through the skin and towards the tumour using ultrasound or CT scanning.
- Starts the ablation once the needle probe is in place near the tumour.
- Repeats the ablation in different areas depending on the size and location of the tumour.
- Removes the needle probe.
- Puts pressure on the area for a few minutes to help stop any bleeding
- Puts a small bandage on the needle site.

Will it hurt?

You might have some pain or discomfort. Numbing medication and pain medication are used to help with this. You might also feel warm and perspire as the ablation is done.

How long will it take?

Every person and situation is different. It usually takes about 1 hour to do the procedure.

What happens after the procedure?

We move you to a recovery area. You stay here for 4 to 6 hours. This will be discussed with you before the procedure. We will call the person arranged to take you home when you are ready to leave.

Are there any risks or complication?

Any time the skin is pierced or cut, there is a risk of infection.

Other possible complications include:

- bleeding at the site
- ablation reaction that feels like the flu 1 to 5 days after, lasting about 5 days (post-ablation syndrome)
- blood in urine (pee) after kidney ablation
- damage to nearby organs and tissues
- an infection around the tumour (an abscess)

How do I take care of myself at home?

Needle site

- Remove the bandage(s) 24 hours after the procedure.
- You can shower 24 hours after the procedure. **Do not** bath or soak in a hot tub for at least 2 to 3 days.