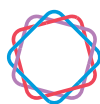


A photograph of two people kayaking on a body of water during sunset. The sun is low on the horizon, creating a strong backlight effect and lens flare. The kayakers are seen from behind, wearing life jackets and holding paddles. The water is dark with some ripples.

YOUR GUIDE TO

Renal Ablation



IntraCare

Interventional
Radiology



IntraCare's interventional radiology suite

Contents

About this procedure	1
Before your procedure	2
Your procedure	4
After your procedure	5
FAQs	7
How to find us	8

About this procedure

This guide provides information about renal ablation procedure. It includes details about what is involved, how to prepare and what to expect during and after the procedure. Please use this in addition to information from your doctor and nurse.

A renal ablation is performed in an interventional radiology suite at IntraCare in Epsom. Your interventional radiologist will be assisted by our team of nurses and other highly skilled personnel.

Both IntraCare and Allevia Hospital will be involved with your care for this procedure. Allevia Hospital are responsible for your admission, preparation and aftercare.

What is a renal ablation?

A renal ablation procedure is used to treat specific types of kidney/renal tumours. At IntraCare, this procedure is usually performed to treat either a renal cancer (most commonly renal cell carcinoma (RCC)), or a benign tumour known as a renal angiomyolipoma (AML). The goal of ablation is to specifically target and destroy tumour cells in the kidney by freezing (cryoablation), heating (microwave ablation (MWA)) or radiofrequency (RFA).

Cryoablation

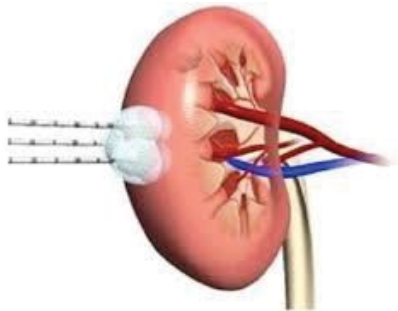
Extremely cold temperatures are used to freeze the tumour from the inside, out.

Microwave ablation

Microwave energy is used to produce heat within the tumour.

Radiofrequency ablation (RFA)

High frequency electrical currents are used to produce heat within the tumour.



Before your procedure

A nurse from IntraCare will call you 24–48 hours prior to your procedure to discuss the following information:

- Your admission time
- When you should stop eating and drinking
- Medication instructions
- Allergies (including medications, contrast dye, dressings/plasters and food)
- Answer any further questions

Fasting Instructions

To ensure your safety during the procedure, it is important that you follow the fasting guidelines below:

Food – **Stop 6 hours prior** to procedure. Do not consume any of the following within 6 hours of your planned procedure time:

- Solid food
- Milk-based products
- Soluble fibre
- Jelly

Fluids – Clear (transparent) fluids are encouraged up to **2 hours before** your planned procedure time. These include:

- Water
- Clear juices
- Cordials
- Black tea or coffee

Avoid fluids containing milk, pulp, or jelly.

Sip-Til-Send (STS) Protocol*

- Unless advised otherwise, you can sip up to **200ml of water per hour** in the 2 hours before your planned procedure time.

* Your nurse will confirm during your pre-procedure phone call whether this protocol is suitable for you.

Anticoagulation (blood thinner)

If you are taking any blood thinners (e.g. Warfarin, Clexane, Pradaxa, Rivaroxaban), please make this known to IntraCare staff at the time of booking. Your interventional radiologist will advise you if you need to stop this medication temporarily for a few days before the procedure.

Other regular medications

Please continue to take these unless advised otherwise by your interventional radiologist or surgeon. If you are taking a diuretic or water pills (e.g. frusemide, spironolactone), you may need to withhold this on the morning of the procedure. It is important that you let us know if you are taking the following medications: Liraglutide (Victoza™, Saxenda™) Dulaglutide (Trulicity™), Semaglutide (Ozempic™, Wegovy™), Tirzepatide (Mounjaro™).

Reminders for the day of your procedure

- If you are on regular medication, please bring this with you in its original packaging.
- Please leave all your jewellery and valuables at home. You are welcome to bring your mobile phone in with you.
- We recommend wearing loose-fitting clothing and shoes that are easy to slip on/off.
- You are encouraged to bring a friend or a family member as a support person before and after your procedure.
- This is commonly an overnight stay procedure, please bring an overnight bag with you.
- The planned procedure time is an estimate only and may vary. We will keep you informed of any unexpected delays on the day.

Informed consent

As with any procedure, there are potential risks involved. Your interventional radiologist and anaesthetist will explain the procedure, discuss possible risks and answer any questions you may have. Your whānau or support person are welcome to be part of this discussion. You will then be asked to sign the consent form. This will occur either at an earlier appointment, or on the day of your procedure.

Your procedure

A renal ablation procedure is performed under general anaesthesia and can take 1-2 hours.

Preparation

You will be collected by an IntraCare nurse from ADU, Allevia Hospital to IntraCare for your procedure. A small intravenous (IV) line will be inserted into a vein in your arm for medication to be injected. Medication will be given to help you relax and keep you comfortable while the anaesthetist puts you to sleep.

Once you are asleep you will be transferred to the angiography table and positioned on your abdomen, for the best position access to the tumour.

Other devices for monitoring blood pressure, heart rate and oxygen levels will be fitted to ensure your safety during the procedure.

The procedure

The interventional radiologist will complete pre-ablation imaging using ultrasound. If you are being treated using radiofrequency ablation, diathermy pads will be placed on your thighs to prevent skin burns from the electrical current.

The area to be accessed will be painted with an antiseptic solution, and a sterile drape will then be placed over your body, to ensure sterility is maintained.

Using ultrasound and/or fluoroscopy as guidance, the interventional radiologist will insert and position one or more small ablation probes/needles inside the tumour. Once the interventional radiologist is happy with the position, the ablation will commence. The ablation continues until the area has been satisfactorily ablated.

A biopsy may be taken immediately before the ablation, if required.

After your procedure

You will be transferred to Post Anaesthesia Care Unit (PACU) for a short period of time, before being transferred to Stella Maris ward for overnight care. If appropriate you will be discharged home the next morning.

There is a small risk of bleeding after the procedure. You will therefore need to remain in the position you wake up in, for approximately 2 hours. You will then be able to sit up slowly over the next 2 hours, as directed by your nurse.

Recovery and discharge

Following your procedure, it is important that you **do not drive for 24 hours**. Please ensure you have a family member or friend to drive you home from the hospital, as you may still be under the effects of anaesthesia or sedation.

- You will need to arrange someone to be at home with you on the day of your discharge and overnight to support you in your recovery.
- Due to the affects of anaesthesia, you may feel lethargic afterwards with reduced concentration. For this reason, for 24 hours after your procedure:
 - Do not do any activity requiring strength, concentration, or full alertness.
 - Do not make any legal decisions or sign legal documents.

Resuming activities

- You will be able to return to work within a week of having the procedure unless your job involves heavy lifting (>5kg).
- You can begin light exercise after 1 week.

Medication

Your interventional radiologist will give you a prescription for pain relief (analgesic) to take home. Please use this should you experience any dull aching pain for the following few days.

If you are on blood thinners, your interventional radiologist will inform you of when you can recommence these.

Procedure site care

There will be small dressing over the access site. This may be removed when you have a shower the day after the procedure.

You must go to your local emergency department immediately, if you start to experience:

- Increased abdominal pain despite analgesia
- Feeling faint
- Bleeding from the puncture site

It is vital you explain to the emergency department health professional that you have had a renal ablation with or without a biopsy.

Seek immediate medical attention (dial 111 for an ambulance) if there is excessive bleeding from the puncture site.

Please take this booklet and your discharge summary with you if visiting the GP, afterhours or hospital.

**If you have any concerns after your procedure, please contact IntraCare:
Monday to Friday: 09 630 1961 (between 6:30am and 6:00pm).
For after-hours, weekends, and public holidays, contact 027 482 0763.**

FAQs

Who do I contact if I have concerns following the procedure?

If you have concerns in the first few days, contact your interventional radiologist, or a nurse at IntraCare.

What happens to my biopsy sample, if one was taken?

The biopsy sample is placed in a small pot of fluid, called Formalin. This prevents the breakdown of the sample, before it is investigated under the microscope. The sample is sent to the Anatomic Pathology Services in Mt Wellington, where a histopathologist will investigate the tissue. The sample will be disposed of after it has been analysed, unless you indicate you would like it to be returned to you.

Who do I follow up the biopsy results with?

You should have a follow up appointment already booked with your referring specialist or surgeon. They will discuss the results of the biopsy with you.

Is this procedure covered by health insurance?

If you have private health insurance, please contact our administration team. IntraCare is affiliated with Southern Cross, NIB and AIA and will help you with the approval process and will discuss options for self-funding. Please contact the administration team on (09) 630 1961.

How to find us

IntraCare Epsom

Both IntraCare and Allevia Hospital will be involved with your care for this procedure.

When you arrive, please report to the Allevia Hospital Admissions Lounge (2 on the map).

Directions to the Admissions Lounge:

- From the Level 1 Carpark – Walk across the footbridge towards the main reception. Take the Yellow Lift to Level 2. The Admissions Lounge will be on your right as you exit the lift.
- From the Ground Floor Carpark – Follow the blue walkway to the Yellow Lift and take it to Level 2. The Admissions Lounge will be on your right as you exit the lift.

98 Mountain Rd, Epsom, Auckland 1023

P: +64 9 630 1961 (Monday to Friday 6:30am–6:00pm)

P: +64 27 482 0763 (after hours, weekends and public holidays)

E: admin@intracare.co.nz

W: intracare.co.nz

Where to park


A 10 minute patient ‘drop off zone’ is available on the level 1 carpark. Head up the ramp as you enter the carpark from the Main Entrance (Gate 1) on Mountain Road.


The first 30 minutes are free and apply only once the vehicle licence plate number has been entered into a payment terminal. Patient parking is available on all levels of the car park. Parking limits apply, and parking spaces are marked (P90, P180, and All Day Parking).

The Allevia Hospital parking is managed by a separate company, and a fine may be issued if your vehicle breaches any of the parking terms and conditions.

There is free 120 minute parking available nearby on Mountain Road, Gilgit Road and Almorah Road after 9am.



 Main entrance to patient and visitor car park
~ 250 spaces

 Walkway to main reception
Pedestrian access to main reception from car park

 Yellow Lift

- | | |
|---|---|
| 1 Allevia Hospital reception and Allevia Radiology 1 reception | 8 Awanui Labs (blood tests) |
| 2 Admissions Lounge | 9 Allevia Radiology 2 (CT, ultrasound) |
| 3 Canopy Cancer Care | 10 The Heart Group |
| 4 ARO (Auckland Radiation Oncology) | 11 Allevia Radiology PET-CT Canopy Cancer Care |
| 5 Allevia Café and outdoor dining courtyard | 12 Allevia Specialist Centre |
| 6 Allevia Pharmacy | 13 Allevia Radiology 1 (MRI/X-ray) |
| 7 IntraCare | A B C D E Allevia Specialist Centre entrances |



IntraCare

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