



Northeast Georgia Medical Center

Cryoablation

How should I prepare for this procedure?

- You must not eat or drink anything after midnight the night before your procedure. A sip of water with certain approved medications is the only thing acceptable to be taken by mouth.
- For Gainesville procedures, you will need to arrive an hour and a half before your scheduled appointment time. For Braselton procedures, you will need to arrive an hour to an hour and a half before your scheduled appointment time. For Barrow procedures, you will need to arrive an hour before your scheduled appointment time.
- A nurse from the Interventional Radiology department will reach out to you via phone the day before your procedure.
- For your safety, you must have a caregiver or responsible adult with you to drive you home after your procedure. Due to the effects of anesthesia, sedation, or other post-procedural effects, you will not be able to drive yourself. Additionally, the responsible adult accompanying you will assume responsibility for you upon discharge. This person should be someone who can provide support and care as needed while you recover.
- Blood thinners need to be held for this procedure. You will need to check with your primary care provider that it is acceptable for your blood thinners to be held for this procedure.

What should I expect when I arrive?

- For Gainesville, you will go to the registration department in the Blue tower of the hospital. When you arrive in the main lobby of the Blue tower, go down the hallway on your left. The registration department is located on the right. Labs will be drawn here if necessary.
- For Braselton, you will go in through the main entrance and check in at the desk. You will be directed to registration from there. Labs will be drawn here if necessary.
- For Barrow, you will go to the registration desk located inside the main entrance of the hospital.
- After registration, you will go to the radiology waiting room. A staff member will show you back to the Interventional Radiology department. Your driver can accompany you back to the prep area.
- A provider and nurse will explain the procedure, go over discharge instructions, and decide what medications can be safely given. An IV for medication administration will be placed.
- When it is time to go to the IR lab for your procedure, your driver will be shown to the waiting room.

What medications will be offered during this procedure?

- General anesthesia is used for this procedure.
- A breathing tube will be placed and you will be monitored by an anesthesiologist.

What should I expect during my procedure?

- Your nurse will take you to CT when it is time for your procedure.



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- The anesthesia team will put you to sleep in the procedure room. You will be intubated then placed on your abdomen on the CT table.
- A device called a cryoprobe will be used to freeze the growth. Liquid nitrogen or argon gas will flow through the device. How the device is put on the growth will depend on where the growth is in your body. The cryoprobe may be:
 - Inserted through an incision into the area, such as the prostate.
 - Passed through a thin, long tube called an endoscope. The scope will allow the device to reach deeper spots in your body, such as the lungs or liver.
- The cryoprobe will be guided by CT machine.
- Liquid nitrogen or argon gas will be sent to the growth until it is frozen and destroyed.
- If other areas need treatment, the process may be repeated on those areas.
- The cryoprobe will be removed. Pressure will be applied to stop any bleeding.
- The incision will be covered with a bandage (*dressing*).

What should I expect after my procedure?

- You will be discharged home with pain and nausea medication prescriptions.
- You can expect to stay in recovery for a minimum of 2 hours after your procedure.
- There will be follow-up appointments ordered by a provider before you leave the hospital.