



## University Radiology Vascular & Interventional Center

The doctors of University Radiology Vascular & Interventional Center perform minimally invasive, imaging-guided procedures to treat a growing number of diseases and chronic health conditions. We offer timely, informative consultations with our patients to ensure they have the information they need to make the decision that's right for them. Treatments are performed in our state-of-the-art outpatient center, where patients experience concierge-style service and a comfortable environment.

Learn more at [urvascular.com](http://urvascular.com)

### HOW DO I KNOW IF VARICOCELE EMBOLIZATION IS RIGHT FOR ME?

This procedure is recommended for patients who have an enlarged varicocele, and one or more of the following:

- Are experiencing a dull ache or pain, especially while standing
- Do not want to experience infertility issues
- Have shrinking of one or both testicles
- Do not wish to have surgery to treat a varicocele

UNIVERSITY RADIOLOGY

 **Vascular &  
Interventional Center**

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## A minimally invasive treatment for Varicocele

Varicocele Embolization

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## WHAT IS A VARICOCELE?

A varicocele is caused by one or more faulty valves within the veins in the scrotum. This causes blood to flow in reverse and “pool” within the veins. The veins become enlarged, forming a bulge, or varicocele.

Most men with a varicocele do not experience any symptoms. However, as many as 40% of men with decreased fertility have a varicocele. It is thought that the additional blood raises the temperature in the testicle, which negatively affects sperm quality and count.

Varicoceles are most common within the left testicle. The veins can feel like a “bag of worms” and will usually be found by a doctor during a routine physical. Once a varicocele is formed, it will not go away on its own.

## TREATMENT OPTIONS

Men without symptoms do not need to treat this condition. However, those experiencing pain, infertility or testicular shrinkage may benefit from treatment. In addition, it is recommended that adolescents treat a varicocele to avoid future infertility.

Varicocele embolization is a minimally invasive outpatient procedure to treat varicoceles. It is highly effective, requires no hospital stay and the patient can return to normal activities in 2-3 days. It is an excellent alternative to open surgery. As varicoceles may return over time, it is safe to repeat this procedure, and it is appropriate to have it even if the patient has had surgery in the past.

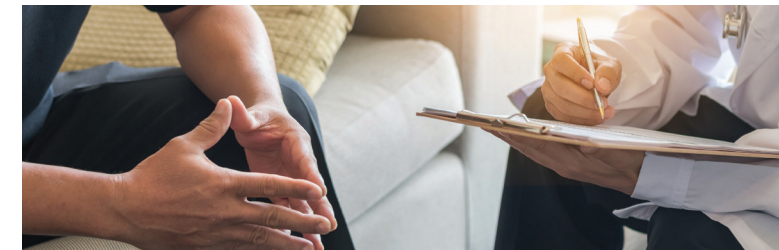
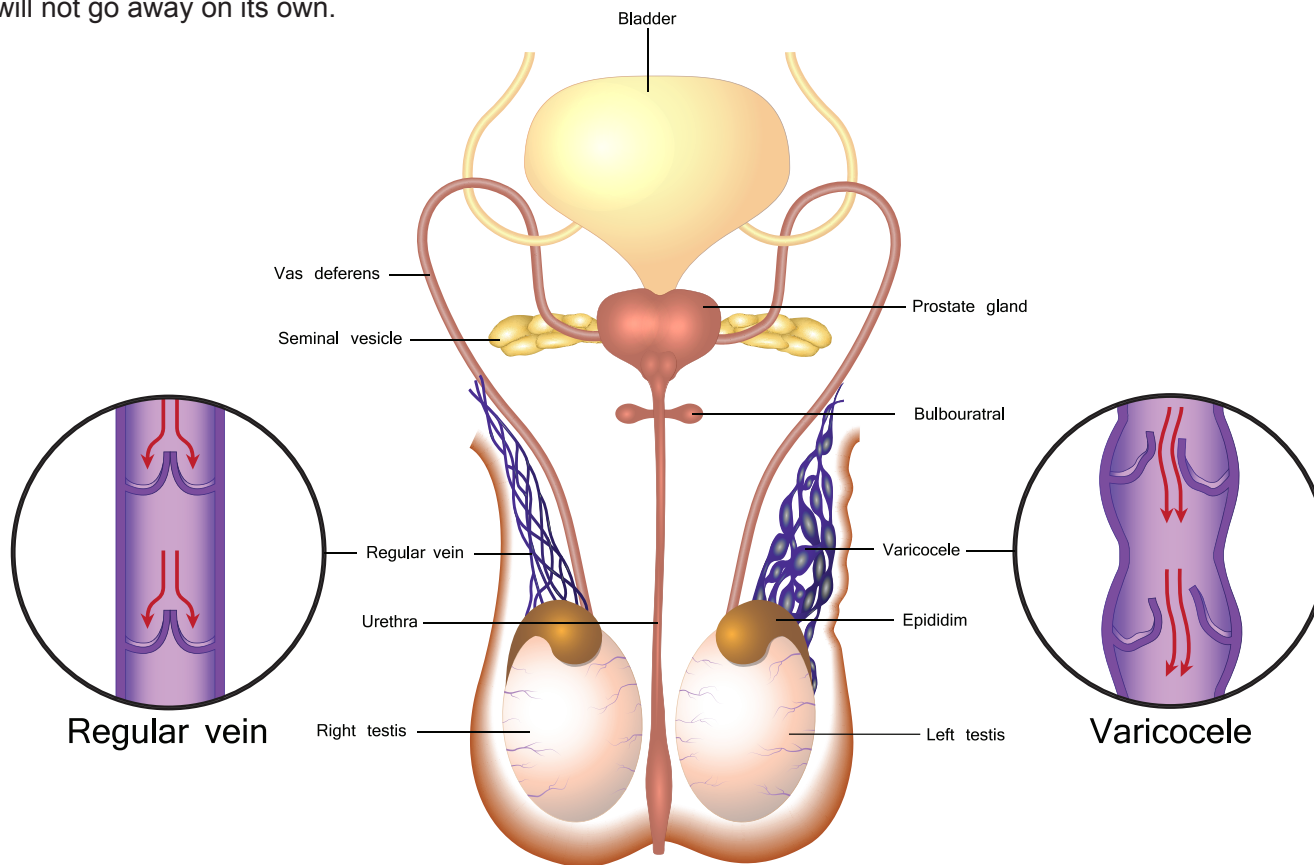
## THE EMBOLIZATION PROCEDURE

Varicocele embolization is performed by an interventional radiologist who inserts a tiny catheter into a vein in the groin or neck, using x-ray imaging to guide it through the body’s blood vessels to the veins within the testicle. Tiny coils or other embolic materials are then inserted into the vein to block the flow of blood, causing the vein to shrink and eventually disappear. The body reroutes blood through other healthy veins in the testicle.

The procedure has a high success rate, comparable to open surgery, with a 90% effectiveness. Patients can typically resume sexual activity the day after embolization, but it may take 3-6 months for sperm count to improve.

## POTENTIAL SIDE EFFECTS

Varicocele embolization should only be performed by a trained and experienced interventional radiologist. Complications with this procedure are rare, and can include infection at the catheter insertion site, and transient testicular pain.



## Talk to your doctor

Varicocele embolization is an effective and less invasive option to treat varicoceles, performed by our experienced doctors. If you have been diagnosed with a varicocele, call us to make an appointment or share this brochure with your doctor. We are happy to help provide the information you need to make an informed decision.