

## PATIENT INFORMATION

# Removal of cyst from sperm-carrying mechanism (epididymis): procedure-specific information

### What is the evidence base for this information?

This leaflet includes advice from consensus panels, the British Association of Urological Surgeons, the Department of Health and evidence-based sources; it is, therefore, a reflection of best practice in the UK. It is intended to supplement any advice you may already have been given by your GP or other healthcare professionals. Alternative treatments are outlined below and can be discussed in more detail with your Urologist or Specialist Nurse.

### What does the procedure involve?

This is the removal of a fluid-filled collection from the sperm-carrying mechanism, usually above the testis

### What are the alternatives to this procedure?

Observation, removal of the fluid with a needle, various other surgical approaches.



### What should I expect before the procedure?

You will usually be admitted on the same day as your surgery. You will normally receive an appointment for pre-assessment, approximately 14 days before your admission, to assess your general fitness, to screen for the carriage of MRSA and to perform some baseline investigations. After admission, you will be seen by members of the medical team which may include the Consultant, Specialist Registrar, House Officer and your named nurse.

You will be asked not to eat or drink for 6 hours before surgery and, immediately before the operation, you may be given a pre-medication by the anaesthetist which will make you dry-mouthed and pleasantly sleepy.

Please be sure to inform your Urologist in advance of your surgery if you have any of the following:

- an artificial heart valve
- a coronary artery stent
- a heart pacemaker or defibrillator
- an artificial joint
- an artificial blood vessel graft
- a neurosurgical shunt
- any other implanted foreign body
- a prescription for Warfarin, Aspirin or Clopidogrel (Plavix®)
- a previous or current MRSA infection

### **What happens during the procedure?**

Either a full general anaesthetic (where you will be asleep throughout the procedure) or a spinal anaesthetic (where you are awake but unable to feel anything from the waist down) will be used. All methods minimise pain; your anaesthetist will explain the pros and cons of each type of anaesthetic to you.

The surgeon will make a small incision in the scrotum and remove the cyst from above the testicle.

### **What happens immediately after the procedure?**

You may experience discomfort for a few days after the procedure but painkillers will be given to you to take home. Absorbable stitches are normally used which do not require removal.

The average hospital stay is less than 1 day.

### **Are there any side-effects?**

Most procedures have a potential for side-effects. You should be reassured that, although all these complications are well-recognised, the majority of patients do not suffer any problems after a urological procedure.

Please use the check boxes to tick off individual items when you are happy that they have been discussed to your satisfaction:

#### **Common (greater than 1 in 10)**

- Swelling of the scrotum lasting several days

- Seepage of yellowish fluid from the wound several days after surgery

### **Occasional (between 1 in 10 and 1 in 50)**

- Recurrence of the fluid cyst
- Blood collection around the testes which resolves slowly or requires surgical removal
- Possible infection of the incision or the testis requiring further treatment with antibiotics or surgical drainage

### **Rare (less than 1 in 50)**

- Scarring of the epididymis which can cause impaired fertility
- Chronic pain in the testicle or scrotum

## **Hospital-acquired infection (overall chance of contracting infection during stay at the BMI Hospital)**

(obtained from BMI Hospital Infection Control Data July 2009)

- MRSA bloodstream infection (0 cases per bed day occupancy)
- Clostridium difficile bowel infection (0 cases per bed day occupancy)

## **What should I expect when I get home?**

The wound should be kept clean and dry for 24 hours. Thereafter, if a dressing is in place, this can be removed following a short bath or shower. Until the area heals, do not have lengthy baths or showers since this will encourage the stitches to dissolve too quickly and may cause infection.

It is advisable to wear supportive underpants or a scrotal support until the swelling and discomfort have settled.

You are advised to take 10-14 days off work and should avoid any strenuous exercise or heavy lifting to allow wound healing. Sexual intercourse is best avoided for 10 days or until local discomfort has settled.

When you leave hospital, you will be given a "draft" discharge summary of your admission. This holds important information about your inpatient stay and your operation. If, in the first few weeks after your discharge, you need to call your GP for any reason or to attend another hospital, please take this summary with you to allow the doctors to see details of your treatment. This is particularly important if you need to consult another doctor within a few days of your discharge.

## **What else should I look out for?**

If you develop a temperature, increased redness, throbbing or drainage at the site of the operation, please contact your GP.

## Are there any other important points?

Some lumpiness above or behind the testicle is common following the procedure and is often permanent.

Outpatient follow-up is not always necessary and your surgeon will discuss arrangements for this as appropriate

## Is there any research being carried out in this field?

There is no specific research in this area at the moment but all operative procedures performed in the department are subject to rigorous audit at a monthly Audit & Clinical Governance meeting.

## Who else can I contact for more specific help or information?

- Mr McLoughlin via West Suffolk Hospital 01284 712549
- Uro-Oncology Nurse Specialist 01284 712735
- Urology Nurse Practitioner for 'haematuria clinic', chemotherapy & BCG therapy) 01284 712806
- Urology Nurse Practitioner for prostate (transrectal) ultrasound clinic, erectile dysfunction clinic 01284 713229
- Urology Nurse Practitioner for prostate assessment clinic, self catheterisation clinic) 01284 713229

## Other contacts

Chaplaincy - Telephone: 01284 713486

## What should I do with this form?

Thank you for taking the trouble to read this information sheet. If you wish to sign it and retain a copy for your own records, please do so below.

If you would like a copy of this form to be filed in your hospital records for future reference, please let your Urologist or Specialist Nurse know.

I have read this information sheet and I accept the information it provides.

Signature.....Date.....