REMOVAL OF EPIDIDYMAL CYST

Information about your procedure from
The British Association of Urological Surgeons (BAUS)

This leaflet contains evidence-based information about your proposed urological procedure. We have consulted specialist surgeons during its preparation, so that it represents best practice in UK urology. You should use it in addition to any advice already given to you.

To view the online version of this leaflet, type the text below into your web browser:
http://www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Epididymal cyst.pdf

Key Points

- An epididymal cyst is a collection of fluid in the epididymis (sperm-carrying mechanism) alongside your testicle and such cysts are quite common
- It does not need treatment if it is small or causes no significant symptoms
- Aspiration (drainage) with a needle can remove the fluid but it will re-accumulate very quickly and is not recommended
- After surgery, your testicle may feel slightly "bulkier" than it was before
- Surgery to remove an epididymal cyst may affect your fertility

What does this procedure involve?

Removal of a fluid-filled collection from the epididymis (sperm-carrying mechanism) alongside your testicle.

What are the alternatives?

- **Observation** – no intervention if your cyst is small or does not bother you
- **Aspiration (drainage) with a needle** – this removes the fluid but it will often re-accumulate very quickly and is not a curative treatment

What happens on the day of the procedure?

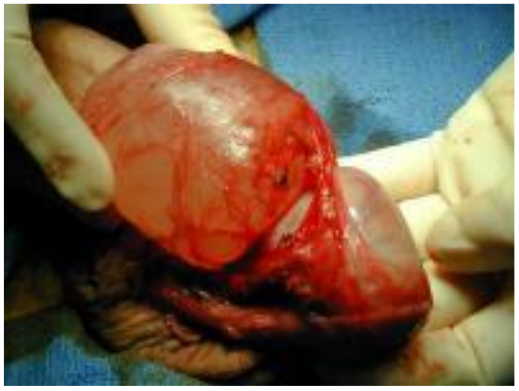
Your urologist will briefly review your history and medications, and will discuss the surgery again with you to confirm your consent.

An anaesthetist will see you to discuss the options of a general anaesthetic or spinal anaesthetic. The anaesthetist will also discuss pain relief after the procedure with you.

We may provide you with a pair of TED stockings to wear, and give you a heparin injection to thin your blood. These help to prevent blood clots from developing and passing into your lungs. Your medical team will decide whether you need to continue these after you go home.

Details of the procedure

- Most commonly we do the procedure under a general anaesthetic (with you asleep) or a spinal anaesthetic (where you are unable to feel anything from the waist down)
- we may give you an injection of antibiotics before the procedure, after you have been checked for any allergies
- we make a small incision into your scrotum and separate the cyst (pictured) from your epididymis and testicle
- removing the cyst interrupts the passage of sperm from the testicle; this may be irreversible and can interfere with your fertility
- we close the skin with dissolvable stitches which will disappear after two to three weeks
- we normally provide you with a scrotal support to wear for the first few days



Are there any after-effects?

The possible after-effects and your risk of getting them are shown below. Some are self-limiting or reversible, but others are not. We have not listed very rare after-effects (occurring in less than 1 in 250 patients) individually. The impact of these after-effects can vary a lot from patient to patient; you should ask your surgeon's advice about the risks and their impact on you as an individual:

After-effect	Risk
Swelling & bruising of your scrotum lasting several days	 Almost all patients

Recurrence of the cyst		Between 1 in 10 & 1 in 50 patients
Blood collection (haematoma) around the testicle which resolves slowly or may need surgical drainage		Between 1 in 10 & 1 in 50 patients
Infection of the wound or testicle requiring antibiotics or surgical drainage		Between 1 in 10 & 1 in 50 patients
Chronic pain in your testicle or scrotum		Between 1 in 50 & 1 in 250 patients
Scarring of your epididymis resulting in impaired fertility		Between 1 in 50 & 1 in 250 patients
Anaesthetic or cardiovascular problems possibly requiring intensive care (including chest infection, pulmonary embolus, stroke, deep vein thrombosis, heart attack and death)		Between 1 in 50 & 1 in 250 patients (your anaesthetist can estimate your individual risk)

What is my risk of a hospital-acquired infection?

Your risk of getting an infection in hospital is between 4 & 6%; this includes getting *MRSA* or a *Clostridium difficile* bowel infection. This figure is higher if you are in a "high-risk" group of patients such as patients who have had:

- long-term drainage tubes (e.g. catheters);
- bladder removal;
- long hospital stays; or
- multiple hospital admissions.

What can I expect when I get home?

- you will get some swelling and bruising of the scrotum which may last several weeks
- you may be uncomfortable for seven to 14 days
- we usually provide you with a scrotal support ("jock strap") to make the post-operative period more comfortable. If you find this difficult to wear, you can use tight, supportive underwear or cycling shorts

- it is advisable to take some simple painkillers such as paracetamol or ibuprofen to help any discomfort in the first few days
- you may find ice packs helpful to reduce pain and swelling in the first few days after surgery (but do not apply them directly to your skin)
- if your bruising, swelling or pain is getting progressively worse, day-by-day, you should contact your surgical team for advice
- you will be given advice about your recovery at home
- you will be given a copy of your discharge summary and a copy will also be sent to your GP
- any antibiotics or tablets you may need will be arranged & dispensed from the hospital pharmacy
- you should avoid heavy lifting or any other strenuous exercise for at least four weeks
- your stitches will usually disappear after two to three weeks; you should avoid baths, because this can accelerate thir disappearance, but you may shower
- we may arrange a follow-up appointment for you but this is not routine for all patients

General information about surgical procedures

Before your procedure

Please tell a member of the medical team if you have:

- an implanted foreign body (stent, joint replacement, pacemaker, heart valve, blood vessel graft);
- a regular prescription for a blood thinning agent (e.g. warfarin, aspirin, clopidogrel, rivaroxaban, dabigatran);
- a present or previous MRSA infection; or
- a high risk of variant-CJD (e.g. if you have had a corneal transplant, a neurosurgical dural transplant or human growth hormone treatment).

Questions you may wish to ask

If you wish to learn more about what will happen, you can find a list of suggested questions called "Having An Operation" on the website of the Royal College of Surgeons of England. You may also wish to ask your surgeon for his/her personal results and experience with this procedure.

Before you go home

We will tell you how the procedure went and you should:

- make sure you understand what has been done;
- ask the surgeon if everything went as planned;

- let the staff know if you have any discomfort;
- ask what you can (and cannot) do at home;
- make sure you know what happens next; and
- ask when you can return to normal activities.

We will give you advice about what to look out for when you get home. Your surgeon or nurse will also give you details of who to contact, and how to contact them, in the event of problems.

Smoking and surgery
Ideally, we would prefer you to stop smoking before any procedure. Smoking can worsen some urological conditions and makes complications more likely after surgery. For advice on stopping, you can:

- contact your GP;
- access your local NHS Smoking Help Online; or
- ring the free NHS Smoking Helpline on **0300 123 1044**.

Driving after surgery
It is your responsibility to make sure you are fit to drive after any surgical procedure. You only need to contact the DVLA if your ability to drive is likely to be affected for more than three months. If it is, you should check with your insurance company before driving again.

What should I do with this information?

Thank you for taking the trouble to read this information. Please let your urologist (or specialist nurse) know if you would like to have a copy for your own records. If you wish, the medical or nursing staff can also arrange to file a copy in your hospital notes.

What sources have we used to prepare this leaflet?

This leaflet uses information from consensus panels and other evidence-based sources including:

- the Department of Health (England);
- the Cochrane Collaboration; and
- the National Institute for Health and Care Excellence (NICE).

It also follows style guidelines from:

- the Royal National Institute for Blind People (RNIB);
- the Patient Information Forum; and
- the Plain English Campaign.

Disclaimer

We have made every effort to give accurate information but there may still be errors or omissions in this leaflet. BAUS cannot accept responsibility for any loss from action taken (or not taken) as a result of this information.

PLEASE NOTE

The staff at BAUS are not medically trained, and are unable to answer questions about the information provided in this leaflet. If you do have any questions, you should contact your urologist, specialist nurse or GP.