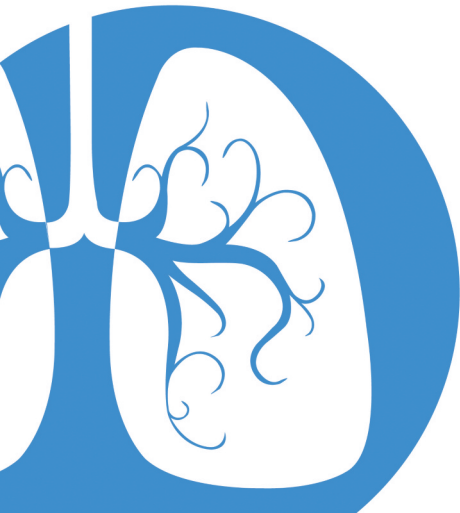




A lifetime of specialist care

Royal Brompton & Harefield **NHS**
NHS Foundation Trust

What is cryotherapy?





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This leaflet gives you general information on cryotherapy. It does not replace the need for personal advice from a healthcare professional. Please ask us if you have any questions.

What is cryotherapy?

The word “cryo” comes from the Greek word for “cold”, and describes the way the treatment works. Cryotherapy uses cold to freeze and destroy harmful cells.

In this hospital, we routinely use cryotherapy to treat lung

cancers and benign (non-cancerous) tumours. For example, it can be used to shrink the size of a tumour that is blocking a patient’s airway. This procedure has been shown to improve symptoms, such as cough, breathlessness, coughing up blood and lack of energy.

How is cryotherapy performed?

Cryotherapy is a very similar procedure to a bronchoscopy.

You have a short-acting general anaesthetic; so that you are fully asleep for about 15 minutes. A tube, that allows your doctor to see into your lungs, is passed into your airway. A thin, flexible instrument, called a probe, is

passed through the tube. The probe has a frozen tip that is placed directly onto the tumour. The frozen tip destroys the affected cells by freezing them. When the tissues (cells) defrost, the obstruction (tumour) will have reduced in size and more air will be able to pass into your lungs.


What happens on the day of the procedure?

Cryotherapy is usually a day case procedure.

On the day of your treatment you will be seen by a doctor and an anaesthetist. You are taken to the operating theatre. The anaesthetist

places a small needle in a suitable vein in your arm. The anaesthetist will use this to give you some medication to send you to sleep.

A lung cancer nurse specialist is available if you would like



to see someone to discuss your care and support, or need more information.

Your ward nurse will explain any instructions you need to follow during your stay.

It is very important that you:

- Do not eat anything from midnight of the night before the procedure

- Continue to drink clear fluids until 6am
- Take your medication as usual

The procedure takes about 20 minutes. Afterwards, you will be taken to the recovery room for about 30 minutes. Once you are fully awake, you will return to the ward.

Going home

Most people feel well enough to go home at the end of the same day. However, some people may need to stay in hospital overnight to completely recover from the effects of the procedure.

If you are going home the same

day, it is important that you:

- Arrange for a responsible adult, such as a relative or friend, to collect you from hospital and to stay with you overnight
- Do not drive for at least 24 hours after the anaesthetic

Are there any side effects?

After the procedure it is quite common to have a sore throat or irritating cough. You may bring up sputum (mucus) that is bloodstained. These symptoms will usually improve in about three days. If they do not, or if you have any other

worries, please contact one of the following for advice:

- Your GP
- The ward you were in
- The lung cancer nurse specialist

How long before I can return to normal activity?

It is important that you return to a normal level of activity as soon as possible after your procedure; this will help the healing process.

Will I need further treatment?

After the first treatment your doctor will check the result of the procedure. Some patients need further cryotherapy treatments.

What are the risks?

All medical procedures carry some risk. It is important to remember that we would not recommend any procedure if we did not believe the benefits outweigh any risks.

The risk differs between patients as it depends on how unwell each person is before having the treatment.

Your doctor will discuss with you any specific risks that apply to you and you will be able to ask questions about any concerns.

Generally, most patients do not experience any complications, but the most common complications are:

- Haemoptysis (coughing up blood)
- Irregular heart rhythm
- Breathing problems

These complications can be treated quickly and are not usually life-threatening.



What are the benefits?

After the procedure we hope:

- If you had been coughing up blood, that this happens much less often or stops completely.
- If you had an irritating cough, that this has improved.
- You will not feel as breathless.

What are the effects of not having the treatment?

If you choose not to have the treatment you may find that your symptoms continue or worsen. Your doctors and the lung cancer nurse specialist will support you to manage any symptoms you may have.

It may be possible to consider alternative ways of helping your breathing and it is important to discuss the different options available with your consultant, or members of your medical team.

For more information

If you need any further information, please contact the lung cancer nurse specialist on:

- Harefield Hospital – **01895 823 737**, and ask for **bleep 6181** or **6310**
- Royal Brompton Hospital – **020 7352 8121**, and ask for **bleep 7068** or **7079**

National Institute for Health and Clinical Excellence (NICE) guidance

In 2005, NICE carried out studies to check how well cryotherapy worked for lung tumours. They have written a patient-friendly version of their report. You can find this document online at:

www.nice.org.uk/guidance/ipg142/informationforpublic

If you have concerns about any aspect of the service you have received in hospital and feel unable to talk to those people responsible for your care, call PALS on:

- Royal Brompton Hospital – 020 7349 7715
- Harefield Hospital – 01895 826 572

You can also email pals@rbht.nhs.uk. This is a confidential service.

Royal Brompton Hospital
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SW3 6NP
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Website: www.rbht.nhs.uk

إذا كنت ترغب في الحصول على ترجمة فورية لمضمون هذه الوثيقة إلى اللغة العربية، يرجى منك الاتصال بأحد مستخدمينا بجناح المصلحة التي يتم فيها استشفائك. أحد موظفينا سيسعى لترتيب إجراءات الترجمة وإتمامها في الوقت المناسب لك.

Brosurteki bilginin Türkçe tercemesi için tedavi görüyor olduğunuz bölüme bas vurunuz. Bölüm personeli tercemenin gerçekleşmesini en kısa zamanda ayarlayacaktır.

