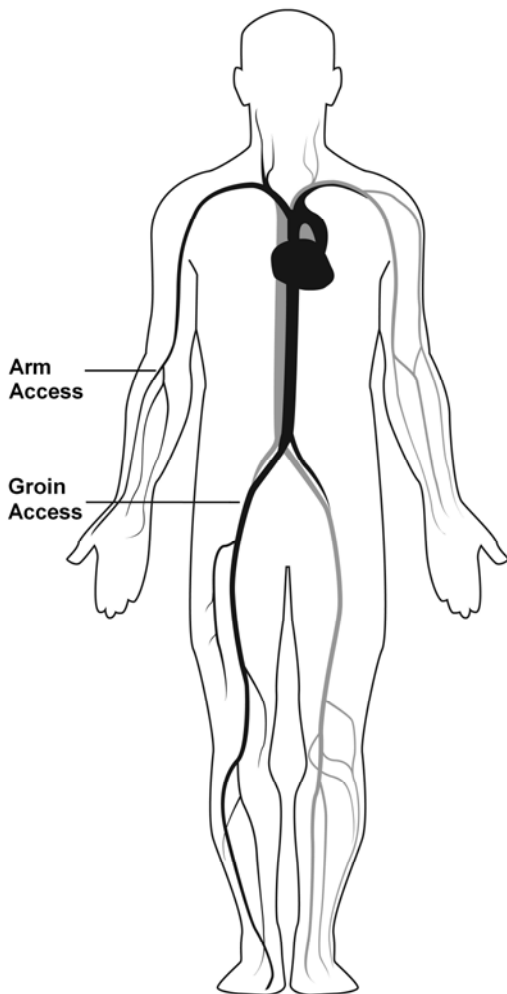


### 1. What is Adrenal Vein Sampling?

Adrenal Vein Sampling is a procedure where blood samples are taken from both adrenal glands to compare the amount of hormone made by each gland. The samples are taken from the glands by placing a needle and thin plastic tube (catheter) into the vein in your groin. Iodinated 'Contrast' is used to map your veins so the doctor can place the tube into the adrenal vein. For more information on Iodinated Contrast and the risks involved in its use, please read the **Iodinated Contrast Patient Information Sheet**. (If you do not have this information sheet please ask for one).



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### 2. Will there be any discomfort, is any anaesthetic needed?

This procedure will require an injection of local anaesthetic. It is used to prevent or relieve pain, but will not put you to sleep.

A sedative injection is *rarely* given.

### 3. What is sedation?

Sedation is the use of drugs that give you a 'sleepy-like' feeling. It makes you feel very relaxed during a

procedure. You may remember some or little about what has occurred during the procedure.

This procedure may only have a light sedation. You need to be able to fully co-operate at times by holding your breath when instructed by the doctor.

Sedation is generally very safe but has a risk with side effects and complications. Whilst these are usually temporary, some of them may cause long-term problems.

The risk to you will depend on:

- whether you have any other illness
- personal factors, such as whether you smoke or are overweight.

### 4. Preparation for the procedure

The medical imaging department will give you instructions on how to prepare for your procedure.

- You will be told when to have your last meal and drink. This is to make sure your stomach is empty so that if you vomit during the procedure there will be nothing to go into your lungs.
- Please tell the staff if you are or suspect you might be pregnant or are breastfeeding.
- If you take Aspirin, Warfarin, Clopidogrel (Plavix and Iscover) or Dipyridamole (Persantin and Asasantin) or any other drug that is used to thin your blood ask your doctor/health practitioner if you should stop taking it before the procedure as it may affect your blood clotting.
- List or bring all your prescribed drugs, those drugs you buy over the counter, herbal remedies and supplements.
- Do not drink any alcohol and stop recreational drugs 24 hours before the procedure as these may alter the affect of the sedation anaesthetic. If you have a drug habit please tell your doctor.

### 5. During the procedure

A fine needle (IV cannula) will be put into a vein.

The Radiologist (x-ray doctor) will inject local anaesthetic into the skin. A needle and catheter are inserted into the vein in your groin; sometimes your arm may be used. Once the catheter is in place the needle is removed.

X-ray pictures are taken while the Contrast is injected into your veins.

The catheters are guided through the main blood vessels in your body until they reach the adrenal glands. You should not be able to feel the catheters inside your body.

Once the catheters are in the adrenal veins, blood samples are collected from each adrenal gland and from the IV cannula in your arm, all at the same time.

Sometimes, medication is given through the IV cannula to increase the hormone production of the adrenal glands and more blood samples are taken.

Once all the blood samples have been taken, the catheters will be removed. Firm pressure will be put over the area where the catheters went into your skin (puncture site). This allows the veins to seal over so you will not bleed.

### 6. After the procedure

The recovery time after the procedure varies between 2 to 4 hours.

If a vein in your groin was used you may have to rest in bed laying flat for a while. Moving too soon after this procedure may cause bleeding at the puncture site.

The IV cannula will be removed after you have recovered.

Staff will discuss with you what level of activity is suitable after your procedure.

### 7. What are the risks of this specific procedure?

The risks and complications with this procedure can include but are not limited to the following.

#### Common risks and complications include:

- Minor pain, bruising and/or infection from the IV cannula. This may require treatment with antibiotics.
- Pain or discomfort at the puncture site. This may require medication.
- Bleeding or bruising could occur. This is usually stopped by applying pressure and/or ice to the puncture site. This is more common if you take Aspirin, Warfarin, Clopidogrel (Plavix and Iscover) or Dipyridamole (Persantin and Asasantin).
- Failure of local anaesthetic which may require a further injection of anaesthetic or a different method of anaesthesia may be used.
- Nerve damage, is usually temporary, and should get better over a period of time. Permanent nerve damage is rare.

#### Less common risks and complications include:

- Infection, requiring antibiotics and further treatment.
- Damage to surrounding structures such as blood vessels, organs and muscles, requiring further treatment.
- A blood clot or excessive bleeding from the puncture site. This may require other treatment and/or corrective surgery.
- An allergy to injected drugs, requiring further treatment.
- The procedure may not be possible due to medical and/or technical reasons

#### Rare risks and complications include:

- An increased lifetime cancer risk due to the exposure to x-rays.

- Seizures and/or cardiac arrest due to local anaesthetic toxicity.
- Death as a result of this procedure is very rare.

#### If sedation is given extra risks include:

- faintness or dizziness, especially when you start to move around
- fall in blood pressure
- nausea and vomiting
- weakness
- an existing medical condition getting worse
- heart and lung problems such as heart attack or vomit in the lungs causing pneumonia. This may require emergency treatment
- stroke resulting in brain damage

### 8. What are the safety issues when you leave the hospital?

If you were sedated, this will affect your judgment for about 24 hours. For your own safety:

- Do *NOT* drive any type of car, bike or other vehicle.
- Do *NOT* operate machinery including cooking implements.
- Do *NOT* make important decisions or sign a legal document.
- Do *NOT* drink alcohol, take other mind-altering substances, or smoke. They may react with the anaesthetic drugs.
- Have an adult with you on the first night after your procedure.

Go to your nearest Emergency Department or GP if you become unwell or have;

- swelling in the limb closest to the puncture site
- pain unrelieved by simple pain killers
- continuous bleeding or swelling at the puncture site
- redness or inflammation at the puncture site
- a fever
- other warning signs the doctor may have asked you to be aware of.

#### Notes to talk to my doctor/ health practitioner about

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