

Texas Children's Hospital

Caring for Your Child's Health

Sclerotherapy

Patient must arrive an hour and a half before the procedure to check in at the Radiology waiting area. This is on the first floor, in the **West Tower at Main Campus** or second floor at **West Campus**. Call 832-824-5565 (Main Campus) or 832-227-1207 (West Campus) with any questions. Call our scheduling department at the numbers above if you need to reschedule your appointment.

Your child will remain in the IR Procedures Suite for a minimum of one hour. Children having sclerotherapy will need medicine to make them drowsy. Prepare your child by following the guidelines for eating and drinking.

Procedure: Sclerotherapy is a procedure used to treat certain types of vascular and lymphatic malformations. A mass made up of blood vessels is called a venous or arteriovenous malformation. A mass of lymph vessels is called a lymphatic malformation. Sclerotherapy is the use of special liquids called sclerosants and sometimes specially shaped pieces of metal called coils to make these malformations shrink and relieve the pain. A medicine, called a sclerosant, is directly injected into malformation. This medicine causes inflammation, and then over time, shrinking of the malformation. Sometimes malformations can enlarge again and require repeat sclerotherapy.

Getting ready

Guidelines for eating and drinking

Up until eight hours before the procedure, your child may have these items: Any type of food

Up until six hours before the procedure, your child may have these items:

- A light meal
- Milk-skim only
- Infant formula
- Clear liquids

A light meal generally consists of toast or plain crackers and fruit juice, without the pulp. Clear liquids include water, oral electrolyte solution, apple juice, gelatin and carbonated lemon and lime beverages. Please do not give your child any drinks that contain caffeine, such as cola drinks.

Up until four hours before the procedure, your child may have these items:

- Breast milk
- Clear liquids

Up until two hours before the procedure, your child may have these items:

- Water or Pedialyte
- Apple Juice
- Gatorade

All children having this procedure receive medicine by IV to make them drowsy during the procedure. This medicine is called a sedative or general anesthesia. If your child has had a problem with a sedative in the past, talk with the nurse. The doctor may be able to give your child a different medicine.

Helpful hints

Let your child choose something to bring. Holding a favorite toy or blanket sometimes helps a young child to sleep. Using an ipod/pad often helps an older child. Please remove any nail polish before coming. It's best to leave other children at home.

Talking with your child

Children are less anxious and cooperate better when they know what to expect. Talk with your child about what he or she will see, hear, and feel before and after the procedure.

Ask your child questions to be sure that he or she understands what you have said. Let your child ask

questions. Don't be afraid to answer the questions honestly. Most important, reassure your child that he or she will not be alone.

What your child can expect during the procedure

- All children having this test receive medicine by IV to make them drowsy during the procedure. This medicine is called a sedative or general anesthesia. If your child has had a problem with a sedative in the past, talk with the nurse. The doctor may be able to give your child a different medication.
- A staff person from the hospital will call you a few days before the procedure with preparation instructions that will include dietary restriction necessary for sedation or anesthesia. It is very important that you follow all of these instructions, or the procedure may need to be rescheduled.

Before the procedure

- Your child will put on a hospital gown. Wearing underwear during the procedure is okay. The nurse will weigh your child and take his or her blood pressure and temperature. Heart monitor patches are applied to his or her chest. A pulse oximeter will be taped onto your child's finger. The pulse oximeter looks a lot like a band aid. It uses a red light to check how well your child is breathing. It is painless.
- The nurse starts an IV for the sedative medicine. After the interventional radiologist explains what will happen, you will sign a consent for the procedure.

During the procedure

- When the doctor gives the medicine to make your child drowsy, the nurse will escort you to the waiting room.
- Your child will be taken into the interventional suite and positioned appropriately. Sclerotherapy is performed under sterile conditions. Using a variety of imaging modalities for guidance (x-ray and ultrasound), the interventionalist will use the imaging to guide injection needles and implants precisely into the malformation.
- Next the interventionalist will inject x-ray dye (contrast) and the sclerosant into the malformation. Depending on the size of the malformation, sclerosant may be injected into several sites.

After the procedure

- Afterwards, the doctor will apply a dressing over the sclerotherapy site.
- Recovery from sclerotherapy depends on the size, type, and location of the malformation. In some cases your child can go home soon after the procedure.
- If the malformation is large or extra pain control is needed he or she may need to stay in the hospital for 24 hour observation post procedure. The treatment will cause swelling and pain, which will last a few days. We will give your child pain medication to minimize discomfort.
- Your child is transferred to the recovery room, where you may join him or her. A nurse will watch your child closely.
- Once your child is awake, he or she can have clear liquids.
- Activity restriction will depend on the site of the sclerotherapy and will be given to you prior to discharge.

Finding out the results

The interventional radiologist will talk to you after the procedure. There is a chance the malformation may not shrink and further treatment may be required. This will be decided during a follow up clinic visit with the interventionalist six to eight weeks after the procedure.

Interventional Radiology (IR)

Main Campus

6621 Fannin Street
Houston, TX 77030
West Tower Level 1
832-824-5565
8 a.m. to 4 p.m.
Monday to Friday

West Campus

18200 Katy Freeway
Houston, TX 77094
Second Floor, Suite WB.0215.60
832-827-1207
8 a.m. to 4 p.m.
Monday to Friday



**Texas Children's
Hospital**

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1919 S. Braeswood, suite 6226 Houston, Texas 77030
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