

About Your Procedure

Testicular fine needle aspiration mapping

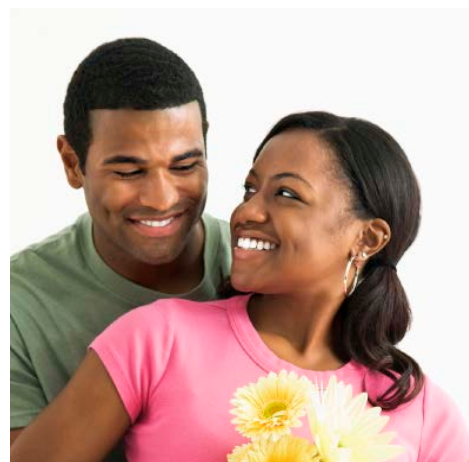
This handout explains testicular fine needle aspiration (FNA) mapping. This procedure is used to determine the presence, density, and location of sperm.

What is FNA mapping?

A *fine needle aspiration (FNA)* biopsy of the testes (called *testicular mapping*) is a non-surgical, minimally invasive procedure. It is used to find out if you have sperm, how many you have, and where they are located. This information will help your doctor diagnose *azoospermia* (no sperm) or severe *oligospermia* (low numbers of sperm). It will also show how severe the condition is.

FNA is very good at detecting very small amounts of sperm within the testes. It is used for diagnosis only.

If sperm are found, they must be retrieved (removed) at a later time, using a different procedure. Talk with your doctor about the best kind of sperm retrieval procedure for you.



The results of your FNA mapping will help you and your partner know more about your treatment options.

What will happen during the procedure?

- The procedure is done in the clinic. It usually takes 45 minutes to 1 hour.
- The area around your scrotum will be cleaned and sterilized with a warm solution.
- Both testes will be numbed with a long-acting *anesthetic* (numbing medicine). Each testis will be sampled in 9 to 12 places using a very thin needle. This procedure does not use any incisions.

Before Your Procedure

- Starting **10 days** before your procedure, do **not** take any aspirin or aspirin-like drugs such as ibuprofen (Motrin, Advil) or naproxen (Aleve, Naprosyn). These drugs may cause excess bleeding during and after your procedure.
- This procedure should not affect how well you can walk or sit right afterward. But, you may have some discomfort. Please plan to have someone else drive you to and from the procedure, even if you do not use a sedative.
- If you plan to take a sedative (calming medicine) such as Valium 1 hour before your procedure:
 - **You must arrange for a responsible adult to drive you to and from the clinic.** You will not be allowed drive yourself home. It is not safe or legal.
 - **You must sign all consent forms before this.** You cannot sign consent forms if you are under the influence of a sedative.

How to Prepare

Day of the Procedure

- Please thoroughly **shave your scrotum**. This will help you be more comfortable during the procedure.
- Wear comfortable, loose clothing.
- You may bring your own scrotal support, such as a jock strap. We will provide one for you if you do not bring one. Or, wear a pair of tight briefs.
- You may eat a light meal before your procedure.

What to Expect After Your Procedure

Physical Symptoms

You may have discomfort after your procedure. These symptoms are common and do **not** require a doctor's attention:

- Bruising of your scrotum. This will take about a week to go away.
- Mild bloody discharge on your scrotum.
- Some swelling of your scrotum.

Swelling

To reduce swelling, use cold packs on your scrotum the night after your surgery and the next day:

- Place a thin towel on your scrotum (or jock strap) and lay a cold pack (such as a bag of frozen peas) on top of the towel. Do **not** place the cold pack directly on your skin.
- Leave the cold pack on for 20 minutes, then off for 20 minutes. Keep doing this for the first 24 hours after your procedure. Keep your scrotum cool, **NOT** cold.

Fluids and Food

- Make sure you drink plenty of water so you stay hydrated.
- Resume a normal, well-balanced diet when you return home.

Pain Medicine

- If your doctor prescribes Vicodin for pain, you may take it as directed. Do **not** drive while you are taking Vicodin or other prescription pain medicines.
- For mild discomfort, you can take Extra-Strength Tylenol, 1 to 2 pills every 6 hours as needed.
- **Do not take acetaminophen (Tylenol) while you are taking Vicodin.** If you are given pain medicine other than Vicodin, ask your doctor or nurse if it is safe to take acetaminophen while you are taking your prescription pain medicine.
- The evening after your procedure, you may take ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn), 1 to 2 pills every 4 to 6 hours.

One Day After Your Procedure

- Swelling of your scrotum will increase for 24 to 48 hours. This swelling may take several days or weeks to go away.
- To reduce swelling, keep using cold packs on your scrotum (see instructions on the bottom of page 2 and the top of this page). After 24 hours, stop using the cold packs.
- Remove **all** dressings (bandages) from inside the athletic support in 24 hours.
- Keep using the athletic support for 3 days total. After that, you may wear your usual underwear.
- You may shower after the dressings are removed. Be sure to dry the area gently but completely.

After the 2nd Day

- Do **not** have any sexual activity, including masturbation, for 5 days after your procedure.

- You may resume normal, **light** activity after 24 hours or when you feel better. Do not do activities that cause discomfort.
- After 5 days, you may resume more vigorous activities such as jogging or weight lifting. Listen to your body. If an activity causes discomfort, slow down or stop and rest.
- You may return to work when you feel comfortable enough to do so.

Results

Each sample that is collected is examined by an expert in sperm *morphology* (the form and structure of sperm) from the Male Fertility Laboratory. This process takes a long time. Because of this, your results may not be available for 2 to 3 weeks.

Your doctor will call you to talk about the results as soon as they are available. Please call 206-598-6358 if 3 weeks have passed and you have not received this call.

In addition, please set up a follow-up appointment 4 weeks after your procedure. At this visit, you and your partner can talk in person with your doctor about your results and treatment options. Together, you will create a treatment plan that works best for you.

When to Call the Clinic

Complications after this procedure are rare. Call the Men's Health Center during business hours, or go to the Emergency Room after hours if you have:

- Severe bruising (black and blue skin), especially if you also have throbbing pain, or the area around your scrotum is bulging. This could mean that you have a *hematoma* (bleeding under the skin).
- Fever higher than 101°F (38.3°C) and shaking or chills, especially if your scrotum is also warm, swollen, red, and painful, with pus draining from the incision sites. This could be a sign of infection. You may need to take antibiotics.
- Any other symptoms that you are concerned about.

Paying for the Procedure

Unfortunately, infertility treatment is not always covered by health insurance. While some insurance plans may cover tests and procedures related to the diagnosis of male infertility, many will not.

If you are thinking about having FNA mapping, please contact your health insurance provider and find out what they will cover. You may need to pay for the FNA mapping procedure before it is done.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Men's Health Center:
206-598-6358

Weekdays from 8 a.m. to
5 p.m.

After hours and on weekends
or holidays, call this same
number or go to the
Emergency Room.

Find more information at:
<http://depts.washington.edu/uroweb>