

# Alcohol-mediated perivascular renal sympathetic denervation for resistant hypertension

Information for the public  
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[www.nice.org.uk](http://www.nice.org.uk)

This procedure can only be done as part of a research study. This is because there is not enough evidence to be sure how well it works or how safe it is.

Your healthcare professional should talk to you about the research.

High blood pressure (hypertension) can be caused by overactivity of nerves that help the kidneys (renal) control blood pressure. Sometimes, it does not get better with medicines (resistant). This procedure involves inserting a device through the skin into an artery in the thigh and then into a renal artery. Three small needles are pushed out from inside the device. They go through the artery wall into the fluid-filled space that surrounds it (perivascular). The needles release small amounts of alcohol that destroy the renal nerves (sympathetic denervation). The aim is to lower blood pressure.

## Is this procedure right for me?

You should be included in [making decisions about your care](#).

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

## Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- Will I have to stay in hospital?
- What happens if it does not work or something goes wrong?
- What happens if I do not want the procedure?
- Are other treatments available?

## Information and support

The [NHS webpage on high blood pressure](#) may be a good place to find out more.

- [NICE's information on interventional procedures guidance](#) explains what an interventional procedure is and how we assess it.
- [NICE's information on interventional procedures recommendations](#) explains what only in research means.

You can also get support from your local [Healthwatch](#).

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