

# REZUM WATER VAPOUR THERAPY

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## **Introduction:**

Rezum is a minimally invasive outpatient treatment for benign prostatic hyperplasia (BPH), a condition in which an enlarged prostate causes symptoms such as weak urine flow, incomplete bladder emptying, frequent urination, nighttime urination, urinary urgency, and urinary tract infections.

The procedure is done under local anesthetic and/or conscious sedation. The Rezum treatment uses radiofrequency energy to create steam that is injected into the prostate, causing the prostate to shrink.

Unlike other treatments for BPH, Rezum does not usually affect sexual function and can be completed in under 10 minutes without the need for general anesthetic.

Rezum is a private-pay procedure not presently covered by OHIP. Please inquire about treatment cost with your physician.

## **Benefits of Rezum:**

Rezum is a quick, painless, minimally invasive treatment that does not require general anesthesia. The procedure typically takes less than 10 minutes and patients are discharged home within an hour.

Most patients experience significant improvement in BPH symptoms within a few weeks to a few months after treatment. Urinary flow rate is usually the first symptom to improve after the treatment, followed by urinary frequency, urgency, and nighttime urination. It may take up to six months to achieve maximum benefit. If men were previously taking medication for BPH, these can usually be discontinued after the treatment.

Rezum results in much lower rates of retrograde or dry ejaculation (ie: lack of semen production during orgasm) compared to other BPH treatments, including medication and surgery. Compared to other BPH treatments such as conventional TURP, Greenlight laser ablation, etc., patients usually experience a much milder recovery after Rezum with far lower rates of urinary frequency, urgency, burning with urination etc.

## **Side effects and potential risks:**

Some men experience temporary worsening of their urinary symptoms, including burning with urination, frequent urination, and urinary urgency for a few weeks following the treatment. Men commonly have some noticeable blood in their urine for a few weeks. Some men notice passage of small debris/tissue in the urine. It is very rare for any these symptoms to persist for more than a few weeks.

Rarely, men may experience difficulty urinating after the catheter is removed, which results from some prostate swelling and is generally temporary and may result in need for catheter reinsertion. Sometimes men have excessive bleeding resulting in blood clots in the bladder/urethra.

Rare complications include the formation of scar tissue in the prostate or urethra which would require additional procedures to rectify. While Rezum is associated with much lower rates of sexual side effects compared to other BPH treatments, some men (<5%) will have decreased or absent semen; this typically does not affect sexual pleasure but does decrease fertility.

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## **Discharge instructions:**

Men will be observed for about an hour after the procedure and are then typically discharged home. Men will require a catheter draining the bladder for a period of time (the duration varies depending on the size of your prostate; average is 3-4 days). Prior to discharge, nurses will ensure you are able to care for the catheter (ie: empty the leg bag when it is full). You will be contacted by community nurses (ie: “CCAC”) to assist with catheter care. You may be required to travel to one of the CCAC community centres for catheter removal; you should have somebody drive you, as the catheter can be distracting while driving.

You should avoid strenuous activity and heavy lifting for 3-4 weeks. Time off work varies depending on your job, but men can generally resume non-strenuous work after only a week or two. As there are no incisions, patients typically do not experience pain, apart from some burning with urination. Your doctor will prescribe painkillers, but many men find regular ibuprofen or acetaminophen sufficient. You should stay well hydrated to dilute your urine and prevent blood clot formation.

If you were instructed to hold blood thinners for the treatment, you can resume these once your urine has been clear for 2 consecutive days. If you are taking medication for BPH, your doctor will instruct you about whether/when to discontinue.

## **Questions?**

It is important that you are fully informed and have had all your questions answered prior to the procedure. If you have any questions or concerns at any time either before or after the procedure, please discuss with us.