

REZUM WATER VAPOUR THERAPY

Preparation for your upcoming procedure:

You are scheduled to undergo Rezūm therapy, a minimally invasive treatment for benign prostatic hyperplasia (BPH). This handout will provide you with important information about what to expect before, during, and after the procedure.

I perform the procedure at a private surgical facility located at 3532 Commerce Ct., Burlington, ON, L7N 3L7. The clinic phone numbers are 905 333 9402 and 1 800 223 9634.

Before the Procedure

Medications: If you are taking blood thinners, please discuss this with me or my staff as soon as possible. In most cases, blood thinners should be held before the surgery, but the duration and necessity of this will be determined on a case-by-case basis.

Fasting Instructions: Do not eat anything after midnight the night before your procedure. This includes no candies or gum. You may have up to 500ml of either water, vitamin water, Gatorade, or Powerade, up to 3 hours before your scheduled surgical arrival time.

What to Bring: Please bring a clean pair of socks to wear in the operating room. Ensure that your contact/ride has the clinic telephone number and the extension for our recovery nurse: 905-333-9402 ext. 24.

During the Procedure

What to Expect: The Rezūm procedure involves the delivery of steam to the prostate via a small camera placed in the urethra to reduce its size and relieve symptoms. The procedure typically takes around 10-15 minutes.

Anesthesia: Conscious sedation and local anesthesia (numbing gel) will be used to ensure your comfort during the treatment. You will not need to go completely to sleep or having a breathing tube placed. At the end of the procedure, a catheter will be inserted into your bladder and connected to a bag on your leg.

After the Procedure

Foley Catheter: You will go home with a Foley catheter to help drain your bladder. On the day of the procedure, I will determine how long the catheter should remain in place. This will typically be around 4 days but may vary based on the size of your prostate and the number of steam injections performed.

Catheter Removal: Community nurses will support you after the procedure and will remove the catheter when appropriate. They will also provide instructions on catheter care. In some cases, nurses may visit you at home. In other cases, they will ask you to attend one of their many clinics. Unfortunately I am not able to insist they go to your home – they will contact you and discuss the plan.

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Medications: You will be given a prescription for a painkiller, although most patients won't actually need it. Additionally, you will receive a prescription for an antibiotic that I would like you to take for a week to prevent infection. If you are already taking medications for enlarged prostate, stay on these at least until your followup appointment with me.

Recovery: You may experience some discomfort, such as mild pain, burning during urination, or blood in your urine. These symptoms should improve over the following days. Drink plenty of water to help flush your urinary system. Avoid heavy lifting or strenuous activities for a week. Avoid driving until the catheter has been removed.

Follow-Up Care

Post-Procedure Appointment: You will be scheduled for a 6 week follow-up appointment to assess your recovery and ensure the success of the treatment.

When to Seek Help: If you experience severe pain or fever, go to the nearest emergency department. If you have a blocked catheter or difficulty urinating, contact the community nurses or go to the nearest emergency department (try contacting nurses first as wait times will generally be much shorter and they can flush or change/insert catheters). If you require catheter reinsertion, please let me know.