

About Your Rezūm Procedure

To treat benign prostatic hyperplasia (BPH)

This handout explains a procedure called Rezūm, which is used to treat an enlarged prostate gland.

What is Rezūm?

Rezūm is a way to treat an enlarged prostate gland. This condition is called *benign prostatic hyperplasia* (BPH). Rezūm is a minimally invasive treatment. It uses steam to help relieve lower urinary tract symptoms linked with BPH.

During the treatment, sterile steam is injected into the *hyperplastic* tissue. Exposure to the steam causes those cells to die. The number of injections is based on the size of the prostate and varies on average from 4 to 6 injections.

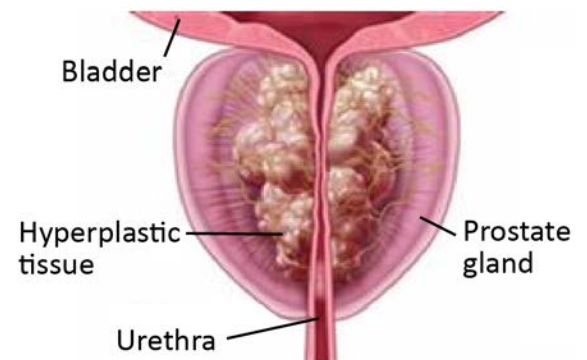
Over time, the body's natural healing response removes the dead cells. This shrinks the prostate, opens the urethra, and eases BPH symptoms.

Most patients start to have symptom relief as soon as 2 weeks after treatment. The greatest benefit occurs by 3 months and lasts about 4 years.

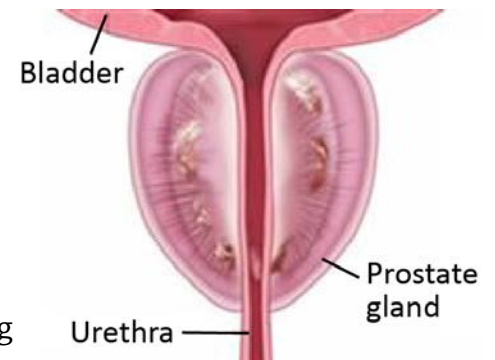
What are the benefits of Rezūm?

The Rezūm procedure:

- Treats BPH without using drugs



Enlarged prostate gland before Rezūm



Prostate gland after Rezūm

- Relieves symptoms safely and effectively
- Does not use *general anesthesia* (sleeping medicine)
- Improves symptoms within 2 weeks
- Is a simple treatment that can be done in your doctor's office
- Saves your sexual and urinary functions
- Lets you return to your usual activities within a few days
- Is covered by most private insurance

What are the risks or adverse effects?

- Some patients may also need other treatments for their BPH.
- You will need to have a *urinary catheter* (tube in your urethra) for 3 to 4 days after the procedure. Some patients may have it for longer than 4 days.
- Some patients have a lot of urinary urgency and frequency before they see improvement. These symptoms can last up to 6 weeks.

Questions?

Your questions are important. Call or send an eCare message to your doctor or healthcare provider if you have questions or concerns.

Weekdays from 8 a.m. to 5 p.m., call the Men's Health Center at 206.598.6358.

After hours and on weekends or holidays, go to the Emergency Room.