

After Your Rezūm Procedure

Self-care at home

This handout explains self-care after having a Rezūm procedure, which is done to treat an enlarged prostate gland.

When You Get Home

- Drink extra fluids (water is best) for a few days after the procedure.
- Take medicines as prescribed by your doctor. These may include an antibiotic, pain medicine, or an *antispasmodic*.
- Limit your activities for at least the first day. Do not drive if you are taking any medicines that may make you sleepy.
- Follow the catheter-care instructions you were given.
- In the 7 days after your procedure, tell your doctor if you:
 - Have any concerns, such as a fever, chills, or trouble with the catheter
 - Use any over-the-counter cold medicines
 - Receive treatment of any kind outside of this clinic



Be sure to drink extra fluids after your procedure.

Common Symptoms

These symptoms may occur after the procedure or after the catheter is removed. Most times, there is no need for concern.

- **Blood in your urine.** For a few weeks, you may see some blood, small clots, or particles in your urine. If this happens:
 - Limit any physical activities. Drink extra water to flush your bladder.
 - If you think there is a lot of bleeding or you are having trouble urinating, call your doctor.

- **Pain when you urinate.** You may have some pain or burning with urination for 1 to 2 weeks. This should slowly get better. If it lasts longer than 2 weeks or starts to get worse, call your doctor.
- **Slow urinary stream.** Your prostate will swell after Rezūm. This may make your urinary stream weaker. This should slowly get better.
- **Urinary urgency, frequency, or leakage.** You may have a strong urge to urinate while your prostate heals. Sometimes the urge may be so strong that it will be hard to hold your urine. This can cause a little leakage. This symptom will not last long.
- **Other urinary symptoms.** Urinary symptoms may get worse for a short time after your procedure. This is caused by swelling. The swelling will slowly lessen, and your symptoms will improve.
- **Blood in your semen.** Your semen may look red or “rusty” for a few weeks after the procedure. Most times, this goes away on its own.

When to Call

- If you have fever or chills or if your temperature is 101°F (38.3°C) or higher, you may have an infection. Go to your nearest urgent care center. Tell them you just had a prostate procedure.
- If you **cannot urinate**, or if your urine is not draining into your leg bag, do **not** drink any more fluids. Swelling or a blood clot may be blocking your urinary tract or the leg bag tube. If not treated, this can become more and more painful.
 - If it is a weekday between 8 a.m. and 5 p.m., go to the clinic.
 - After hours and on weekends and holidays, go to your nearest urgent care center.
- If you have **severe diarrhea**, you may have an infection or problem from the treatment. Call 206.598.6358 **right away**.
- If you have **severe pain or any other serious problem**, call 206.598.6358 **right away**. You may have some pain after the procedure, but it is usually not severe.
- If you feel you need care right away, call 911.

Questions After Your Procedure

When can I resume my normal physical activities?

- You may resume most of your daily activities right away.
- For 1 week, limit high-energy activities such as bike riding, running, treadmills, and heavy weight lifting.
- If you see blood in your urine, limit your activities. Drink more water.

When can I resume sexual activity?

Once your urine is free of blood, you may resume sexual activity. You may have some blood in your semen. This will not harm you or your partner.

When can I resume taking my usual medicines?

You can keep taking most of your usual medicines before and after your procedure. But, check with your doctor, especially if you take medicines for diabetes. Your doctor will decide when to start blood thinners again.

When can I go back to work?

Most patients can return to work the day after their procedure. Ask your doctor about when you should return to work if you:

- Are taking prescription pain medicine (*opioids*)
- Have a job that involves lifting or a lot of physical activity

When can I drink alcohol?

Alcohol irritates the bladder. **It may make your urinary symptoms worse.** Many doctors advise their patients to limit alcohol intake until their urinary symptoms have eased.

If you choose to drink alcohol:

- Do **not** drink alcohol while you are taking opioids or antibiotics.
- Carefully read the label on your other prescription bottles. It may give a warning about drinking alcohol while taking the medicine.
- Wait at least 24 hours after the procedure before drinking alcohol.

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.