

Rezūm Water Vapor Therapy

Information for patients

Before your Rezūm procedure

Your appointment letter confirms your arrival time and where to report within East Lothian Community Hospital. Please follow any instructions you have been given about food, drink and medicines. This is especially important for blood-thinning medicines (anticoagulants). If you are unsure, contact the urology team before your appointment.

When you arrive, please report to the Endoscopy and Minor Procedures Unit. A nurse will check your details. A clinician will confirm the procedure and the consent form with you. The consultant urological surgeon performing the procedure will complete the consent process and answer any questions.

Just before you transfer to the treatment room, we will apply a local anaesthetic gel to your urethra. The gel is secured with a clamp or swab.

We would recommend you bring slippers/sliders; this makes it easier to slip shoes on and off whilst walking to and from the procedure room.

During your procedure

You will be taken to the treatment room. Several members of the urology team will be present. The whole procedure usually takes less than 30 minutes. One of the nurses will be allocated to chat to you throughout the procedure and guide you through how to use the Entonox. You can bring your own headphones to listen to your own music during your procedure if you would prefer.

You will lie on your back with your legs in stirrups (the lithotomy position). For the first part of the procedure (trans perineal periprostatic local anaesthetic), a transrectal ultrasound probe will be inserted to help the surgeon give local anaesthetic injections around the prostate. You may feel some pressure and mild discomfort during this part of the procedure.

Once the local anaesthetic has taken effect, the surgeon will perform the Rezūm vapour therapy procedure, which takes about 2 to 3 minutes. At the end they will insert a urinary catheter and attach a leg bag.

After your procedure

When your procedure is finished, a urinary catheter with a leg bag will be inserted. You will return to the recovery area and be observed until you are comfortable. You may drink and have a light snack.

If you prefer a catheter valve rather than a bag, a nurse will change the bag to a catheter valve and show you how this works. The nurse will also show you how to secure the catheter tubing. You will be given a dressing before you go home.

We will arrange removal of your catheter 5 to 7 days after your procedure. At this appointment the catheter is usually removed and your ability to pass urine is assessed. We will confirm the date and time before you leave hospital. There may also be an option for you to remove the catheter yourself with clear instruction, if you wish.

It is recommended to wear supportive fitted underwear or close-fitting briefs, for example athletic briefs, while you have the catheter.

What to expect after your procedure:

- Blood and sediment in the urine for several days to weeks.
- Urinary urgency and frequency.
- Pain or burning when passing urine (dysuria).
- Improvement in symptoms over several weeks.
- Improvement in urine flow is not immediate after 3-6 months.

Contact the urology team, NHS 111, or attend A&E urgently if you experience any of the following:

- Fever or shivering.
- Severe or worsening pain.
- Heavy bleeding or clots in the urine.
- A blocked catheter or inability to pass urine.

Questions

If you have any questions or concerns, with regards to your recovery or follow up, you can contact:

BPH Urology Specialist Nurse

Email: LothianBPH@nhs.scot

Emails and calls are monitored Monday to Friday 09:00 – 17:00. Please allow up to two working days for a response.

If your concern is urgent, or if it is outside normal working hours, contact your GP, call NHS 111, or attend A&E if symptoms are severe.

Further Information

Scan this QR code using the camera on your phone or visit the website to read more information on Rezūm treatment for prostate enlargement.

British Association of Urological Surgeons (BAUS)

www.baus.org.uk/userfiles/pages/files/patients/leaflets/Rezum.pdf

