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Rezūm™ Water Vapor Therapy

Pre-Procedure Instructions for Patients

ABOUT YOUR PROCEDURE

Rezūm is a minimally invasive, in-office treatment for an enlarged prostate (BPH). Your urologist uses small amounts of steam (water vapor) to shrink the prostate tissue that blocks urine flow. There are no incisions. The treatment is given as a series of 9-second steam applications after the area is numbed, and a catheter is usually placed afterward because the prostate swells for a few days as it heals.

MEDICATIONS — FOLLOW YOUR PROVIDER'S INSTRUCTIONS

- **Antibiotic:** If prescribed, start it exactly as directed (some practices start the night before) and finish the entire course.
- **Blood thinners (not blood pressure):** If you are on blood thinners such as aspirin, warfarin (Coumadin), clopidogrel (Plavix), other blood thinners, NSAIDs, or supplements, ask your prescribing provider if it is okay to stop them prior to the procedure. Do not stop any prescription medicine on your own.

THE DAY BEFORE

- Fill your prescriptions and start your antibiotic as directed.
- If possible, arrange for someone to drive you home — a driver is helpful but not required.
- Plan to take it easy for the first day afterward.

THE DAY OF YOUR PROCEDURE

- Eat a light meal and drink fluids unless you are told otherwise.
- Take your medications as instructed by your provider.
- Wear loose, comfortable clothing.
- Bring your medication list, insurance information, and photo ID.
- You will be asked to empty your bladder when you arrive.

WHAT TO EXPECT

The area is numbed for comfort, and you will breathe Pronox gas (nitrous oxide) to help you relax and provide additional comfort during the procedure. Your urologist inserts a thin device through the urethra and delivers a series of 9-second steam treatments; the treatment portion usually takes only a few minutes. Because the prostate swells while it heals, a catheter is generally placed and stays in for about 5–14 days depending on prostate size. You will receive catheter-care instructions and an appointment to have it removed.

WHEN TO CALL THE OFFICE

Call 909.236.3333 before your procedure if you have signs of a urinary tract infection (UTI) or any other illness.