

## Transforming the BPH Treatment Experience

Rezūm is a new minimally invasive, in-office treatment option that uses the natural energy stored in water vapor, or steam. It is a safe and effective treatment<sup>1</sup> available to relieve lower urinary tract symptoms associated with benign prostatic hyperplasia, or BPH.

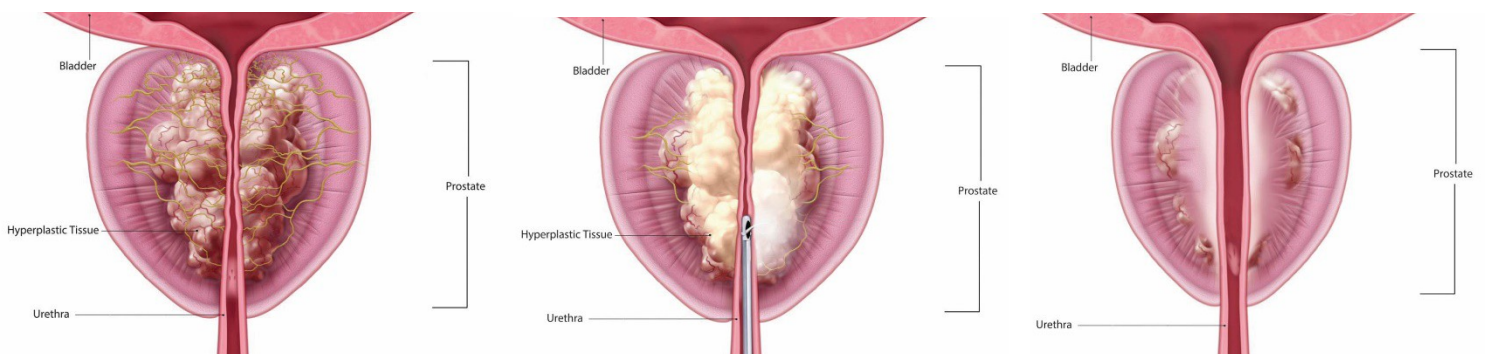
During each treatment, sterile water vapor is released throughout the targeted prostate tissue. When the steam turns back into water, the cells are gently and immediately damaged, causing cell death.

Over time, the body's natural healing response removes the dead cells, shrinking the prostate. With the extra tissue removed, the urethra opens, reducing BPH symptoms.

Most patients begin to experience symptom relief in as soon as two weeks with the majority of benefit occurring by 3 months and maintained out to 2 years<sup>1</sup>.

### Why Rezūm?

- Alternative to BPH medications
- Relieves symptoms safely and effectively<sup>1</sup>
- Noticeable symptom improvement within two weeks
- Simple in-office/out-patient therapy
- Does not require general anesthesia
- Preserves erectile and urinary functions<sup>1</sup>
- Ability to return to regular activities within a few days<sup>1</sup>
- Considered medically necessary by Medicare and covered by most private insurance\*



# **Rezūm Post-Procedure Sheet**

## **Patient Instructions after Treatment**

### **SYMPTOMS THAT MAY BE SERIOUS.**

**YOU SHOULD CONTACT YOUR DOCTOR IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR**

1. ***Fever or Chills.*** If your oral temperature is greater than or equal to 101°F, this may indicate that you have an infection that needs to be evaluated quickly. Call your doctor.
2. ***Inability to Urinate.*** This may indicate that swelling or a blood clot is blocking the urinary passage. If not treated this can become more and more painful. If you cannot urinate, do not drink any more fluids. Call your doctor.
3. ***Severe or Uncontrollable Diarrhea.*** This may indicate an infection or complication from the treatment. Call your doctor.
4. ***Severe Pain.*** While there may be some pain related to the procedure, it is usually not severe. If you are experiencing severe pain or any condition you think may be serious, call your doctor.

### **THE NUMBERS TO CALL IF YOU ARE HAVING A PROBLEM ARE:**

**DAYTIME PHONE (714) 870-5970**

**24 HOUR PHONE (714) 870-5970**

**(CALL 911 IF TRUE EMERGENCY)**

### **General Recommendations**

1. Drink extra fluids (water preferred) for the first few days following the procedure.
2. Take medications as prescribed by your doctor. Often this will include an antibiotic, pain medication or antispasmodic, if needed.
3. Limit your activities for at least the first day and be careful if you are taking any prescription medications that may cause drowsiness.
4. If you had a catheter inserted to drain the bladder, please follow the instructions provided by your doctor.
5. ***It is very important that you inform your doctor if you have any post procedure problems, use any over-the-counter medicine or receive treatment of any kind outside of this clinic in the days following your procedure.***

### **Common Treatment Related Symptoms**

The following are common treatment related signs and symptoms that you may experience after the procedure. They may also occur following removal of the catheter.

1. ***Blood in the Urine.*** It is common to see some blood in the urine for a few weeks. There may also be some small clots or particles in the urine. Limit any physical activities and drink extra water to flush the bladder but you do not need to drink excessively or be alarmed. If you think the bleeding is excessive or you are having trouble urinating, call your doctor.
2. ***Painful Urination.*** It is common to have some pain or burning with urination for 1 to 2 weeks. It should gradually improve. If it persists or starts to worsen, call your doctor.
3. ***Slow Urinary Stream.*** After the procedure, swelling of the prostate occurs which may or may not make the urinary stream weaker. This should gradually improve. If you are having a lot of difficulty trying to urinate or cannot urinate, call your doctor.

4. **Urinary Urgency, Frequency or Leakage.** You may experience a strong urge to urinate while the prostate heals. Sometimes the urge is so strong that it is difficult to hold your urine and leakage occurs. If this occurs, it is usually only a small amount and temporary.

5. **Urinary Symptoms.** After the procedure, it is expected that your general urinary symptoms may temporarily worsen due to localized swelling and then gradually improve.

6. **Blood in the Semen.** This may occur up to several weeks following the procedure. The semen may have red or a “rusty” color. This condition will almost always resolve without any treatment. You should not be alarmed.

### **Frequently Asked Questions**

***The following are general guidelines to follow after undergoing the procedure and/or having the catheter removed.***

#### ***1. When can I resume normal physical activities?***

You may resume your daily activities immediately. There are no specific limitations if you work out in a gym, but you should probably limit vigorous workouts such as bike riding, running, treadmills, and heavy weight lifting for the first week. If you experience any blood in your urine, limit your activities and increase your water intake.

#### ***2. When can I resume sexual activity?***

In general, once you do not see any blood in the urine you may resume sexual activity. You may experience blood in the semen as described above.

#### ***3. When can I resume my medications including blood thinners?***

In general, you should continue with any of your regular medicines, however check with your doctor particularly if you are a diabetic. Your doctor will determine when to start blood thinners again, it is often on the day of the procedure.

**4. When can I go back to work?**

In general, you can return to work the following day. If you are taking pain medication (narcotics) or have a physical job (lifting, construction work etc), check with your doctor.

**5. When can I have an alcoholic beverage?**

Alcohol is a bladder irritant and may exacerbate urinary symptoms, so many doctors will advise to limit alcohol intake until urinary symptoms have subsided. However, if you choose to drink alcohol you should wait at least 24 hours following the procedure. You should also follow the instructions regarding alcohol intake on the labels of your prescription medication. Alcohol should NOT be consumed while using any narcotic or most antibiotics

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