

Information for Patients



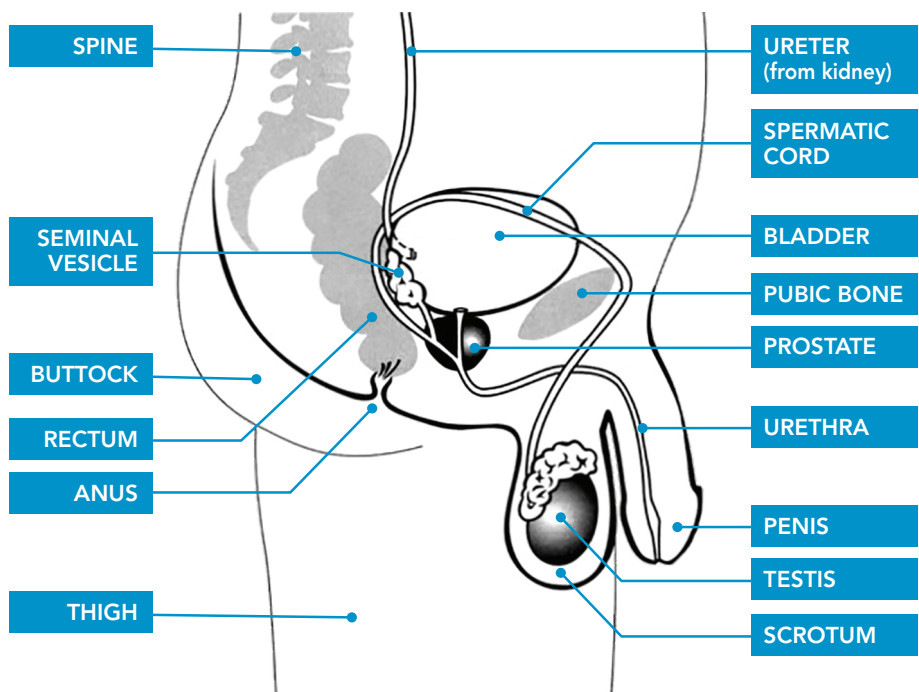
Rezūm Water Vapour Therapy



What is the prostate?

The prostate is a gland about the size of a walnut that is only present in men. It is located just below the bladder and surrounds the urethra, the tube through which urine flows from the bladder and out through the penis.

The prostate gland contributes to the seminal fluid produced during ejaculation and has an important function in fertility.



What is Rezūm Water Vapour Therapy?

Rezūm Therapy is a treatment for men looking to treat BPH, not just the symptoms. It uses natural water vapour to reduce the size of the prostate and provide lasting symptom relief from BPH without the potential side effects of prescription drugs. Clinical studies support that Rezūm Therapy relieves BPH symptoms effectively. It helps most men see symptom improvement within a few weeks and return to regular activities within a few days after treatment. It is indicated for men 50 years of age or older, with a prostate volume of between 30 and 80 cc. The Rezūm System is also indicated for treatment of prostate with hyperplasia of the central zone and/or a median lobe.

Why do I need Rezūm?

- To improve urine flow and bladder emptying
- To treat acute retention and complete blockages
- To prevent kidney damage caused by pressure forcing urine back towards the kidneys
- To reduce bladder infections and bladder stones caused by poor bladder emptying

In some cases, the operation is necessary to prevent complications. In other situations it is one of a range of options to improve the symptoms caused by an enlarged prostate.

Medications may not work for everyone, and may have undesirable side effects such as dizziness and sexual dysfunction. Rezūm can help provide immediate relief from enlarged prostate symptoms such as frequent urination – especially at night, weak urine flow, urgency and incomplete bladder emptying. In addition, Rezūm requires no incisions and typically preserves urinary functions.

Deciding to have Rezūm

To assist in the decision making process, your Urologist may:

- Get you to complete a symptom score questionnaire determining how bothersome your condition is
- Perform a digital rectal exam (DRE) to assess the size of your prostate
- Arrange a flow & residual test to record the rate at which you pass urine and to see if you are retaining any urine
- Ask for a urine specimen to check for infection
- Obtain PSA and creatinine blood tests to determine the likelihood of cancer and the health of the kidneys

Other factors including your general health will be taken into consideration when deciding whether to proceed with the operation.

What happens before my operation?

10 days before your operation, blood and urine test need to be done.

You will be contacted by the hospital regarding your admission time and to confirm fasting instructions.

Complete all your hospital admission forms at least 5 days prior to your operation.



What happens during the operation?

A telescopic instrument called a resectoscope is passed up the urethra (water pipe). A small needle which administers the Rezūm is advanced into the urethra. During each 9-second treatment, sterile water vapour is released throughout the targeted prostate tissue. Your urologist measures your prostate during the surgery to ensure the correct number of steam treatments are delivered. At the end of the procedure, a catheter is inserted through the urethra into the bladder to drain your urine. Sometimes your urologist may discuss placing a suprapubic catheter (SPC) with you – a plastic tube that goes directly into the bladder through the lower part of your tummy, usually below your belt-line.

What to expect after your operation.

This is a day stay procedure. You will need to wait a few hours after treatment to recover from the anaesthetic. Because you have had a general anaesthetic you will NOT be able to drive home on the day of your procedure and will therefore need someone to take you home.

Your catheter will remain for 1-2 weeks, and your urologist will give you instructions for when it can be removed.

You will be given some pain relief medications and antibiotics to take home.

After surgery, you may or may not experience some of the following symptoms:

- A burning sensation and a strong desire to go to the toilet. These symptoms are due to the passage of urine over the healing area of the urethra. This can be easily treated with mild pain relievers and medication, which change the acidity of the urine
- A stinging or burning sensation at the tip of the penis, where the catheter enters. This is generally due to irritation and may be relieved by increasing fluid intake or ensuring the catheter is well supported
- Bladder spasms (short, sharp, grabbing pains). This is due to the bladder trying to expel the catheter because of irritation. These are easily treated with medication.



After discharge

You will receive an appointment for removal of catheter at 1-2 weeks.

You will receive a follow-up appointment to see your urologist about 6 weeks after your operation.

Complete the course of antibiotics and pain relief medication prescribed.

Pain or a burning sensation when passing urine is common and may last for 2-4 weeks. Blood in the urine is common, and this can last 4-6 weeks. You may also see blood in your semen (ejaculate) which can last up to 3 months.

Most patients begin to experience symptom relief in as soon as two weeks, and maximum benefit may occur within three months.

You can return to regular activities within a few days.

Possible complications

Sexual Function

The main advantage of Rezūm is that ejaculatory function is preserved compared to other medical and surgical options for BPH. However, in about 10% of men, ejaculatory function will be decreased or lost following the procedure. Trouble with erections is extremely rare following the procedure.

Infection

Urine infection post Rezūm is uncommon. Symptoms are fever, cloudy and/or smelly urine, burning or stinging with urination. Contact Urology Associates if concerned and you will have a urine test to check for infection and may be treated with antibiotics.

Urethral Stricture

In a small number of cases narrowing may develop in the urethra. This may occur either near the tip of the penis or further up the urethra, several months after the operation. You may notice your urinary stream, which was better after the operation, slows down again. Please mention this problem to your Urologist. If detected early and treated with gentle stretching under local anaesthetic most strictures resolve. An operation to cut open the tight area may be appropriate.



How long do improvements last?

Current clinical studies demonstrate that, following treatment with Rezūm Therapy, symptom improvement is sustained through five years, and studies are ongoing to determine longer-term patient outcomes. Within five years of Rezūm, about 10% of men will choose to start medications for BPH, and 4% will choose to have a further surgical procedure for BPH.



George Acland
MB ChB, FRACS
Urologist

Kevin Bax
MB ChB, FRACS
Urologist

Nick Buchan
MB ChB, FRACS
Urologist

Deborah Friberg
MB ChB, FRACS
Urologist

Frank Kueppers
Dr. med.
Urologist

Giovanni Losco
MB ChB, FRACS
Adult & Paediatric
Urologist

Jane MacDonald
MB ChB, FRACS
Urologist

Stephen Mark
MB ChB, FRACS
Adult & Paediatric
Urologist

Louise Rouse
BHB, MB ChB, FRACS
Urologist

Urology Associates

Forte Health, 132 Peterborough Street
PO Box 917, Christchurch 8140

P: 03 355 5129

E: reception@urology.co.nz

www.urology.co.nz