

REZUM Water Vapour Therapy

Patient Information Sheet

What is REZUM treatment?

REZUM therapy is a minimally invasive procedure that uses the natural energy stored in water vapour (steam) to treat the excess prostate tissue that causes urinary symptoms. The procedure is performed in a hospital, and you may go home the same day or sometimes stay overnight, depending on your needs. Following the procedure, a temporary urinary catheter will be placed to drain your urine while the prostate heals and the swelling subsides. This catheter will need to remain in place for 5-7 days, and it is important that it is only removed when advised by your urologist.

How to Care for Your Catheter at Home

Your catheter will be connected to a small drainage bag strapped to your leg (a leg bag).

Hand Hygiene: Always wash your hands thoroughly with soap and water before and after handling your catheter or drainage bags.

Drainage: Ensure urine is always draining into the leg bag and check regularly for any kinks in the tubing. Empty the leg bag when it is about half full or feels heavy.

Positioning: Keep the drainage bag below the level of your bladder to prevent the backflow of urine. Secure the Catheter: Keep the catheter securely anchored to your leg with the provided straps to avoid pulling. Wear supportive underwear to prevent irritation.

Showering: You can shower with the catheter in place. Wash the area where the catheter enters your body daily with mild soap and water.

Using the Overnight Drainage Bag

At night, you will connect a larger drainage bag to your leg bag.

Wash your hands.

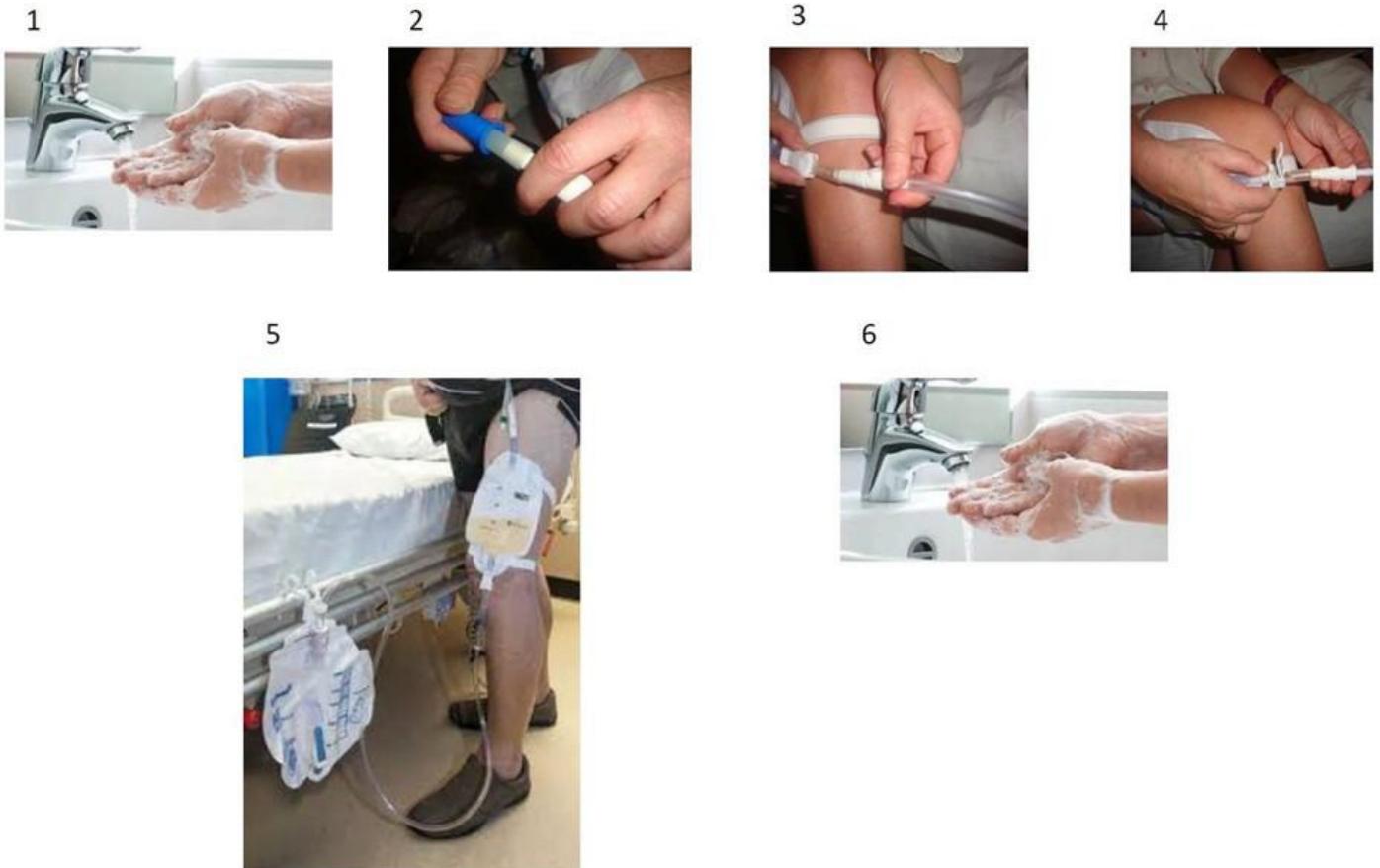
Connect: Insert the tubing of the clean overnight bag into the valve at the bottom of your leg bag.

Open Valve: Open the valve on the leg bag to allow urine to flow into the larger overnight bag. Ensure the outlet on the overnight bag is closed.

Position: Place the overnight bag on the floor or hang it on the side of the bed, ensuring it remains below your bladder level.

Disconnecting: In the morning, wash your hands, close the valve on your leg bag, and gently disconnect the overnight bag. Empty the overnight bag into the toilet.

Cleaning: Clean the overnight bag each morning by rinsing it with an anti-bacterial solution (e.g., Pine O Clean, Milton) and water, then hang it to air dry with the valve open



Diet and Fluids

Hydration: Drink at least 1.5 - 2 litres of fluid daily (water, juice, milk) to help flush your system. Caffeinated drinks should not be included in this total.

Avoid Constipation: Eat a balanced diet with plenty of fibre to avoid straining, which can affect the bladder.

Important Points

Blood in Urine: It is common to see a small amount of blood in your urine after the procedure.

Leakage: You may notice some urine leaking around the catheter. This is not uncommon, and you can use incontinence pads to stay dry.

Blockage: If no urine has drained for over 2 hours, check for kinks, drink some water, and try walking around to dislodge any blockage.

Post-operative information

Immediate Post-Procedure (First 24–48 hours)

Activity: You may return to light duties after 24 hours. Driving is restricted for the first 24 hours due to the general anaesthetic.

Walking: Walking is encouraged.

Normal Activities: Most patients can return to normal daily activities within 1–2 days, taking care not to pull on the catheter.

Lifting: Avoid heavy lifting for a week.

Week 1 (While urinary catheter is in place)

IDC Care: The catheter will remain in place for 7 days. I'd like for you to follow all specific instructions provided for catheter care to prevent infection or dislodgement.

Strenuous Activity: Avoid strenuous activities, heavy weightlifting, and anything that requires significant bending or straining. This is critical to prevent bladder spasms or catheter issues.

Driving: You should ideally avoid driving while the catheter is in place.

Work: Most patients can return to desk-based work or light duties as tolerated.

Weeks 2–4 (After catheter removal)

Strenuous Activity: You can gradually return to strenuous activities like running and heavy weightlifting. Avoid heavy lifting, bending, or straining for the full four weeks to allow internal healing.

Biking: Avoid cycling or long periods of sitting on a narrow seat for the first four weeks.

Sexual Activity: Wait until your urine is free of blood and you and your partner feel comfortable, which is typically one to two weeks after the IDC has been removed.

When to Seek Help

Please contact our rooms or seek immediate medical attention if you experience any of the following:
Heavy bleeding or large blood clots in the urine.

The catheter is not draining, and you feel bladder fullness or pain.

Signs of infection: fever, chills, cloudy or strong-smelling urine, or pain in the kidney area (your back).

Significant pain or discomfort from the catheter or bladder spasms.

If you have any concerns or are unsure about any of the above, please don't hesitate to contact our practice nurse on (03) 9419 4824 or our rooms on (03) 9113 9333.

For urgent concerns, please present to your nearest hospital emergency department.

Wishing you a smooth recovery,
Urologic