HOSPITAL PICASO

Rezum Water Vapour Therapy

What is Rezum?

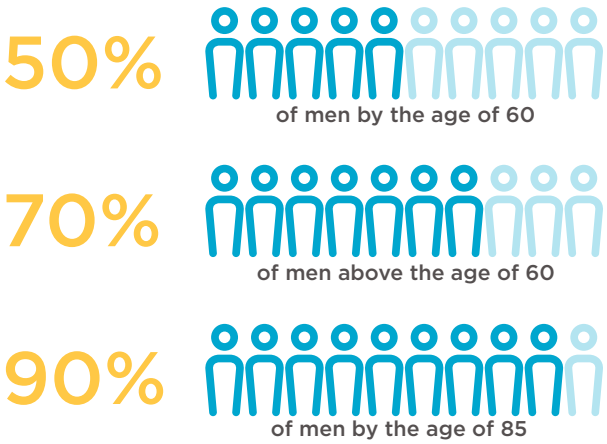
Rezum is a treatment for benign prostatic hyperplasia (BPH). It is a non-surgical treatment that shrinks the enlarged prostrate through water vapour (steam) released by a special instrument inserted into the urethra. By shrinking the enlarged prostate, the symptoms of BPH are relieved.

What is Benign Prostatic Hyperplasia (BPH)?

BPH, also called enlarged prostate, is a condition that commonly affects men as they age. The prostate gland becomes bigger, compressing the urethra. As a result, they may develop symptoms such as:

- Frequent or sudden need to pee
- Waking up at night to pee
- Difficulty in starting to pee
- Weak or irregular flow
- Unable to empty the bladder after peeing

BPH is very common, affecting:



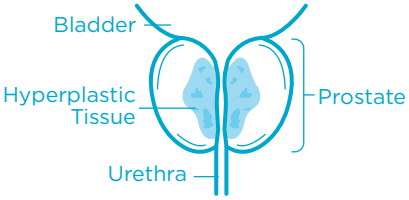
Unfortunately, many men think that BPH is a normal part of aging. While BPH by itself is not life-threatening, if left untreated, it can lead to more serious conditions such as:

- Urinary tract infection (UTI)
- Kidney damage
- Liver stone formation

How Does Rezum Treatment Work?

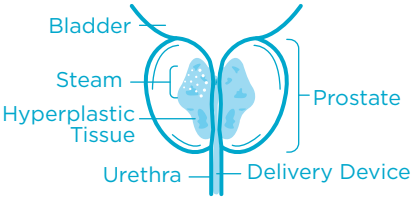
A special instrument is inserted into the urethra[2]. Once inside the urethra, the tip of the instrument is positioned next to the prostate. Steam is then released from the tip and into the hyperplastic prostate tissue, shrinking the tissue while widening the urethra, allowing urine to flow freely.

This procedure is quick and can be completed within 10 minutes.



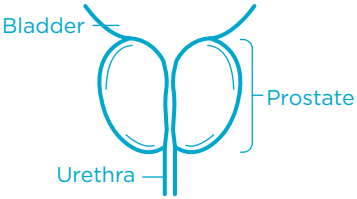
Before the Procedure

- The doctor will advise you to stop blood thinners (anticoagulants) a few days before the procedure
- Antibiotics may be prescribed



During the Procedure

- The procedure takes only a few minutes
- You will be given pain medication
- Plan to have someone drive you home once you are cleared, just in case



After the Procedure

- Take your medication as advised by the doctor
- The doctor may recommend you to use a catheter for a few days
- Avoid activities that may irritate your prostate
- Consider removing caffeine, chocolate and alcohol temporarily from your diet
- If you experience discomfort, you may consider having a warm bath or sitting on a hot water bottle.

How Painful is the Procedure?

Rezum treatment is relatively painless, but patients may experience minor discomfort during the procedure. Local anaesthesia can be administered to reduce discomfort.

Most men experience symptom relief as soon as 2 weeks after the treatment, and improvements continue for up to 3 months. Patient responses can and do vary.

What Are the Benefits of Rezum Treatment?

- Symptom relief 2 weeks after the treatment with improvements continuing up to 3 months (may vary from patient to patient)
- The patient no longer needs to take BPH medication
- Erectile and urinary functions are preserved
- No permanent implant
- Most patients can return to their regular activities within a few days

What Are the Side Effects of Rezum Treatment?

Rezum treatment is a safe procedure. Patients might experience some side effects, but they are usually temporary. These include:

- Painful urination (dysuria)
- Blood in the urine (haematuria)
- Blood in the semen (hematospermia)
- Urinary frequency, retention or urgency
- Decreased ejaculatory volume

Picaso
HOSPITAL PICASO
PJ Integrated Centre
for Advanced Surgery
and Oncology

HOSPITAL PICASO
No. 110, Jalan Professor Khoo Kay Kim,
Seksyen 19, 46300 Petaling Jaya,
Selangor Darul Ehsan, Malaysia

Emergency Line : +603-7457 2999
General Line : +603-7457 2888

Hospital Picasso
hospitalpicaso
hospitalpicaso
picasohospital.com
hospitalpicaso
Hospital Picaso

For patients education only
PICASO/UC/RWVT/ENG/V1/2024