

What is Rezūm™ water vapor treatment?

Rezūm™ water vapor treatment is a minimally invasive procedure for people with an enlarged prostate. The **prostate** is a gland that makes fluid that goes into semen (which is a mix of sperm and prostate fluid).

Rezūm™ uses water vapor therapy to deliver targeted, controlled doses of steam directly to the area of the prostate which is causing the issue.

Why does an enlarged prostate cause issues?

As the prostate enlarges (gets bigger), it presses against and pinches the urethra (the tube your urine, or pee, flows through to be emptied outside your body). This causes the bladder to hold in more urine, and the bladder wall becomes thicker. Eventually, your bladder may get weaker and lose the ability to empty completely, leaving some urine in the bladder. This can cause many problems such as blood in your urine, kidney damage, and bladder stones.

How is the Rezūm™ procedure done?

- Your urologist will put a device called a **cystoscope** through your urethra, which will allow them to see your prostate. The surgeon will then treat the middle part of your prostate using the water vapor. The procedure takes around 10 minutes.
- Your urologist will prescribe medications for you to take to minimize discomfort during your procedure. They will also give you local anesthesia (medication to prevent you from feeling pain in a certain area).
- Once they finish the water vapor treatment, they will place a foley catheter in your bladder. A foley catheter is a flexible plastic tube which

goes into your bladder to drain the urine. This is needed after the procedure because of swelling in the prostate. This catheter will stay in for 5-7 days. We will schedule a follow-up appointment with you to remove the catheter.

What steps should I take to prepare for the procedure?

- Eat a regular breakfast and lunch before your procedure.
- Find someone to drive you to and from your procedure.
 - You will take prescribed pain medications right before your procedure starts, and you are not allowed to drive for 24 hours after taking them.
- Take the antibiotic medication you were prescribed in the morning before your procedure.
- Bring your prescribed pain medications with you to the procedure. After you sign the consent form for the procedure, we will instruct you to take the medications.
- If you were taking medications for your prostate, continue to take them. Your urologist will talk with you about when you can stop taking your medications during your follow-up appointment, as the healing process after Rezūm™ can take several months.

What medications can I take before and after my procedure?

- If your doctor had prescribed 81 mg aspirin, you may continue taking 81 mg aspirin.
- You will need to stop taking all blood thinners 1 week before your procedure and 1 week after your procedure. This includes:
 - Plavix®
 - Coumadin®
 - Eliquis®
 - Xarelto®

- Brilinta®
- Any other blood thinner or antiplatelet medications
- NSAID medications (non-steroidal anti-inflammatory drugs), including ibuprofen (Advil®, Motrin®) and naproxen (Aleve®)
- Nutritional or herbal supplements
- We will contact your doctor who prescribes these medications to make sure that it is safe for you to be off them during this time. We will let you know if you should stay on any blood thinners.
- You can take acetaminophen (Tylenol®) if you need pain relief during this time.
- Important: If you start any new medications before your procedure, please call our office as soon as possible to talk about whether the medication may be taken before the surgery.

How can I care for my catheter and prevent infection after treatment?

After your procedure, you will have a foley catheter in place for 5-7 days. The catheter allows urine to drain from your bladder into a bag. You can use 2 types of drainage bags with your catheter:

- A **bedside bag** is a large bag that you can hang on the side of your bed or on a chair. You can use it overnight or anytime you will be sitting or lying down for a long time.
- A **leg bag** is a small bag that you can use during the day. It is usually attached to your thigh or calf and hidden under your clothes.

Having a catheter increases your risk of getting a urinary tract infection. Germs may get on the catheter and cause an infection in your bladder or kidneys. The longer you have a catheter, the more likely it is that you will get an infection. You can help prevent this problem with good hygiene and careful handling of your catheter and drainage bags.

General tips to prevent infection:

- Take care to stay clean. Take a bath or shower every day.
- Always wash your hands well before and after you handle your catheter.
- Clean the skin around your catheter every day using soap and water. Dry with a clean towel. You can shower with your catheter and drainage bag in place unless your doctor told you not to.
- When you clean around the catheter, check the surrounding skin for signs of infection. Look for things like pus (thick, yellowish fluid) and irritated, swollen, red, or tender skin around the catheter.

Caring for your drainage bag:

- Always keep the drainage bag below the level of your bladder. This will help keep urine from flowing back into your bladder.
- Check often to see that urine is flowing through the catheter into the drainage bag.
- Empty the drainage bag when it is half full. This will keep it from overflowing or backing up.
- When you empty the drainage bag, do not let the tubing or drain spout touch anything.
- Keep the cap that comes with the tubing and cover the tip of the tubing when it is not in use.

Caring for your catheter:

- Do not unhook the catheter from the drain tube until you are ready to change the tubing and bag. That could let germs get into the tube.
- Make sure that the catheter tubing does not get twisted or kinked (folded).
- Do not tug or pull on the catheter, and make sure that the drainage bag does not drag or pull on the catheter.
- Do not put powder or lotion on the skin around your catheter.

How do I empty the drainage bag?

1. Wash your hands before and after you touch the bag.
2. Remove the drain spout from its sleeve at the bottom of the drainage bag.
3. Open the valve on the drain spout. Let the urine flow out into the toilet or a container. Be careful not to let the tubing or drain spout touch anything.
4. After you empty the bag, close the valve. Then put the drain spout back into its sleeve at the bottom of the drainage bag.

How do I switch from a leg bag to a bedside bag for overnight use?

1. Wash your hands before and after you handle the bags.
2. Empty the leg bag that is attached to the tubing and catheter.
3. Put a clean towel under the tubing attached to the leg bag.
4. Use an alcohol wipe to clean the tip of the tubing attached to the bedside bag.
5. To stop the flow of urine, pinch the catheter with your fingers just above the tubing connection.
6. Use a twisting motion to disconnect the leg bag tubing from the catheter.
7. Securely connect the catheter to the tubing from the bedside bag.

What follow-up will I have after my procedure?

- You will have an appointment with a nurse 1 week after your procedure to remove your catheter.
- You will fill out a scoring survey about your urinary symptoms after surgery.

What medications do I take after my procedure?

- You may need to take antibiotics after Rezūm™. Continue to take the antibiotics until your prescription is gone.
- Do not take any anti-inflammatory medications like NSAIDs, (including ibuprofen (Advil®, Motrin®) and naproxen (Aleve®), for at least 2 weeks after your procedure.
- If you are on blood thinners, a doctor or nurse will let you know when to start taking them again based on your doctor's recommendation (your cardiologist or specialist).

What should I avoid for the first 24 hours after my procedure?

- Do not drive any motor vehicle (car, truck, motorcycle) or operate motorized equipment (tools, lawn equipment, etc.) for at least 24 hours after your procedure.
- Do not make any big decisions, sign legal documents, or participate in activities that could harm others (such as cooking without supervision) for at least 24 hours after your procedure.
- Do not drink alcohol for at least 24 hours after the procedure and while you are on antibiotics.

How many fluids should I drink after my procedure?

Unless you're on a fluid restriction and your doctor tells you otherwise, drink 2 liters (68 ounces of fluids) every day for the first few weeks after your procedure.

What kinds of physical activity can I do after my procedure?

- You can start doing normal physical activity (like walking, using stairs, etc.) after the procedure. Avoid aerobic activity (distance walking, jogging, bowling, etc.) for 3 weeks.

- Do not engage in any straddle activity (where you are sitting with something between your legs) for 4 weeks. This may include biking, lawn mowing, motorcycle riding, snowmobiling, etc.
 - If you notice that your urine gets bloody when you start doing more strenuous physical activity, stop that activity and take things more slowly.
- Avoid extended travel (traveling in an airplane, taking a car trip longer than 2 hours) for 3 weeks.
- Avoid sexual activity for 4 weeks.

What symptoms should I expect to have after my procedure?

- It is normal to have a sense of urgency (really needing to go and not being able to hold it) when urinating. This will slowly improve as your prostate heals. This can take several months.
- You can expect to see blood in your urine for 4 weeks. This blood is usually at the beginning or end of the urine stream, and it can come and go.

When should I call for help?

Call the clinic if you have the following signs and symptoms:

- A large increase in bleeding or blood clots in your urine that do not clear with drinking more fluids
- Nausea and vomiting
- Chills
- Fever (by mouth) over 101 ° Fahrenheit
- Severe pain that is not helped by pain medication
- No urine drainage, or if you notice a decrease in the amount of urine draining out
- The foley catheter comes out before your first clinic visit

If you have these symptoms, call the clinic. If you are not able to contact a nurse or doctor within 60 minutes after calling, then go to the emergency room:

- Fever of more than 101.5 ° Fahrenheit, along with sweats and chills
- No urine, or very little urine is flowing into the foley bag, for 4 or more hours
- Bright red blood in your urine and large blood clots that make it hard to urinate

What is the contact information for the clinic?

- Between 8:00 AM - 5:00 PM on Monday through Friday, call (734) 936-7030
- After 5:00 PM or on weekends, contact the on call urologist at (734) 936-6267

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Authors: Tammy Knuth, RN BSN, Cynthia Gonzales, RN, John Wei, MD
Edited by: Brittany Batell, MPH MSW

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