

Rezūm Therapy

Rezūm Water Vapour Therapy For Enlarged Prostate At Birmingham Urology Centre

What Is Rezūm?

Rezūm, also called transurethral water ablation, steam ablation or water ablation, is a minimally invasive treatment designed to relieve symptoms caused by benign prostatic hyperplasia (BPH), or enlarged prostate. This innovative procedure uses steam vapour to precisely target and reduce excess prostate tissue, improving urinary flow and reducing discomfort.

Is Rezūm Right For You?

Rezūm is recommended if you are over 50 with a prostate size between 30 and 80 ml and are experiencing moderate to severe symptoms such as:

- Frequent urination, especially at night
- Urgency and difficulty in starting urination
- Weak urine stream or interrupted flow

This treatment is ideal if medications and lifestyle changes have not been effective.

How Rezūm Works:

Rezūm uses water vapour therapy to treat benign prostatic hyperplasia (BPH). During the procedure, controlled doses of steam are injected directly into the prostate tissue. This steam is generated by heating sterile water using radiofrequency energy, creating precise thermal energy that targets and destroys the problematic prostate cells.

As your body naturally heals from the procedure, it gradually reabsorbs the treated tissue. This reduces the prostate's size, alleviating the compression on the urethra—the tube that carries urine out of your body. The result is relief from BPH symptoms, such as urinary frequency and difficulty in starting urination, improving your quality of life.

What To Expect With Rezūm Therapy

Preparation:

- **Medical assessment:** A thorough assessment including a prostate ultrasound to confirm BPH.
- **Medication Review:** Discussion about adjusting your current medications, particularly blood

thinners.

- **Fasting:** Instructions on fasting before the procedure for anaesthesia.

Procedure:

- **Anaesthesia:** You'll receive general or local anaesthetic to ensure comfort.
- **Treatment:** A small scope fitted with a camera is inserted into the urethra to administer targeted steam injections, which vaporise the excess tissue.
- **Duration:** The whole procedure takes approximately 20 to 25 minutes.

Post-procedure care:

- **Immediate care:** You will have a catheter fitted at the end of the procedure to aid urination. You can usually go home on the same day, with a catheter in place. Be sure to arrange transport if you're having a general or spinal anaesthetic.

Recovering at home:

- **Recovery time:** Most patients experience a quick recovery, returning to normal activities within a few days.
- **Catheter removal:** Your catheter will be removed after 3-7 days.
- **Temporary side effects:** Mild pain or discomfort, more frequent urination, and blood or tiny pieces of prostate tissue in your urine are common during first few weeks after the procedure.
- **Medication:** After around a month, you can usually stop any medication you take for enlarged prostate.
- **Ejaculation:** We recommend avoiding ejaculation for six to eight weeks as it can cause bleeding.
- **Improvement in BPH symptoms:** May take a little longer compared to other procedures, typically from three weeks to three months as it takes time for the prostate to shrink following treatment.

Follow-up:

Regular visits will be scheduled to monitor your recovery and the effectiveness of the treatment.

Benefits Of Rezūm Therapy

- **Minimally invasive:** No incisions are needed, giving a lower risk of side effects and complications compared to more invasive procedures.
- **Day case procedure:** Conducted as a day-case procedure, allowing you to return home the same day.
- **Rapid recovery:** Enables a quick return to normal activities, typically within a few days.
- **It can be done under general or local anaesthetic.**
- **Preservation of sexual function:** Less likely to impact sexual functions compared to traditional surgery.
- **Effective symptom relief:** Significant improvement in BPH symptoms, typically noticed within a few weeks.

Potential Risks Of Rezūm Therapy

- **Common:** Minor risks include temporary blood in urine or semen, and mild discomfort during urination.
- **Rare:** Abnormal ejaculation occurs in about 5% of cases. Discuss potential impacts on fertility with your urologist.

Why Choose Birmingham Urology Centre

At Birmingham Urology Centre, we harness the latest technology to offer Rezūm therapy, ensuring a high standard of care tailored specifically to your needs. If you are searching for a minimally invasive method to effectively manage your BPH symptoms, our expert consultants are here to help.

Contact us

If you would like to discuss whether Rezūm could be right for you, contact us today to book an appointment. We are committed to providing personalised care that addresses all your concerns and ensures the best possible outcomes.