



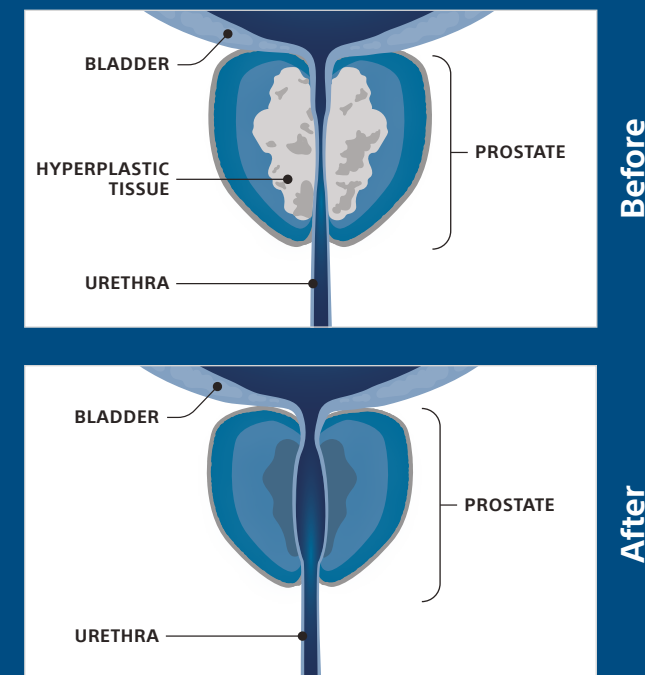
# Rezūm™

## Water Vapour Therapy

As you move forward with Rezūm Water Vapour Therapy, having patience is key. Time will be your ally throughout your recovery, with the goal of providing you lasting comfort and enduring results.

**Boston  
Scientific**  
Advancing science for life™

### REZŪM WATER VAPOUR THERAPY



You've undergone a minimally invasive procedure using steam treatment delivered through the urethra.<sup>1</sup>

The Rezūm Water Vapour Therapy system utilises the energy from steam to target the excess prostate tissue that causes the symptoms of an enlarged prostate. Steam is injected directly into the prostate tissue, which ultimately reduces the volume of prostate tissue.<sup>1-4</sup>

After the procedure, a urinary catheter may be required. Your doctor will decide how long you should keep it. The catheter serves several important purposes such as:<sup>5</sup>



Ensuring efficient  
urine drainage.

## KEY CONSIDERATIONS AT HOME

If you have any questions or concerns about your recovery, please contact your doctor. They can provide personalised guidance to help ensure you have a smooth post-treatment recovery. Your doctor will also provide you with instructions to follow after your surgery, and these typically include:



Stay hydrated and drink at least 2 litres of fluids daily (e.g. still water, tea, coffee, fruit juice) if there are no medical contraindications and limit alcohol consumption.



Avoid hot baths, saunas, thermal baths, hot water bottles or heating pads on your abdomen for a few weeks.



After removing your catheter, you might experience a burning sensation, difficulty passing urine and an increased urge to urinate for a few days. Irritation issues during urination (small urine amounts, sudden urge) are common, and therapy effects may take up to 3 months.



Avoid strenuous activities for a few weeks, e.g. cycling, jogging, lifting heavy loads, tennis.



If you notice blood in your urine, drink more fluids and seek guidance from a urologist if the bleeding continues, or if you experience difficulty urinating.



Pay attention to a regular, soft bowel movement, as pronounced pressing during bowel movements can lead to bleeding. If you experience chronic constipation, please contact your doctor.



Clinical evidence demonstrates that Water Vapour Therapy preserves sexual function. You should always consult your physician about your individual health situation.<sup>3,10</sup>



Scan the QR code to **find out more** information about Water Vapour Therapy

## Take control of your enlarged prostate gland.

Symptoms will gradually improve over the coming months as the wound heals. Noticeable improvement in urinary symptoms can be expected as **early as 2 weeks**.<sup>7</sup>

91%

of patients were satisfied with **outcomes**.

...and most individuals can experience symptom relief **within 3 months** after the procedure and most individuals can return to regular activities **within a few days**.

94%

were satisfied **overall**.

Your well-being is our priority, and Boston Scientific is here to provide you with the support and guidance you may need.

97%

would **recommend** to a **friend**.<sup>11\*</sup>

\* Single-centre study with 255 patients over a 4-year period.

# FREQUENTLY ASKED QUESTIONS

## How quickly will I notice improvements?

- Most individuals can experience symptom relief within 3 months after the procedure and most patients can return to regular activities within a few days.<sup>6,7</sup> It is important to remember, however, that patient responses vary depending on the individual.

## How long will I stay in hospital?

- Recovery can vary from person to person; however, an overnight stay in hospital is unlikely. Usually, patients treated with Water Vapour Therapy can leave the hospital the same day.<sup>8</sup>

## Will I need to continue my prostate medication after Water Vapour Therapy?

- It is recommended to consult with your doctor before making any changes to the dosage of any current medications.<sup>9</sup>

## Can Water Vapour Therapy cause erectile dysfunction?

- Clinical studies demonstrate that Water Vapour Therapy preserves sexual function. In a 5-year study, there were no reports of device or procedure related erectile dysfunction. It is normal to have some blood in the ejaculation fluid and it could take some time to settle. You should always consult your physician about your individual health situation.<sup>3,6,10</sup>

## How long do the results last?

- Research shows treatment with Water Vapour Therapy provides significant and sustained symptom relief of benign prostatic hyperplasia symptom relief that last up to 5 years after your treatment.<sup>3</sup>



## References

All treatments have inherent and associated risks. The Rezūm™ System is intended to relieve symptoms and obstructions, and reduce prostate tissue associated with BPH. It is indicated for men with a prostate volume  $\geq 30\text{cm}^3$ . The Rezūm System is also indicated for treatment of prostate with hyperplasia of the central zone and/or a median lobe. Potential risks include but are not limited to painful urination (dysuria), blood in the urine (hematuria), blood in the semen (hematospermia), decrease in ejaculatory volume, suspected urinary tract infection (UTI), and urinary frequency, retention or urgency. You should talk with your doctor about benefits and risks before moving forward with any treatment option.

Content on this brochure is for Informational Purposes only and does not constitute medical advice and should not be used for medical diagnoses. Boston Scientific strongly recommends that you consult with your physician on all matters pertaining to your health or to address any clinical/medical questions.

1. Westwood J, Geraghty R, Jones P, et al. Rezūm: a new transurethral water vapour therapy for benign prostatic hyperplasia. *Ther Adv Urol*. 2018;10(11):327-333. 2. Gravas S, Cornu JN, Gucci M, et al. EAU Guidelines on Non-Neurogenic Male Lower Urinary Tract Symptoms (LUTS), incl. Benign Prostatic Obstruction (BPO). Available at: <https://d56bochluxqnz.cloudfront.net/documents/full-guideline/EAU-Guidelines-on-Non-Neurogenic-Male-LUTS-2022.pdf> [Accessed November 2023]. 3. McVary KT, Gittelman MC, Goldberg KA, et al. Final 5-Year Outcomes of the Multicenter Randomized Sham -Controlled Trial of a Water Vapor Thermal Therapy for Treatment of Moderate to Severe Lower Urinary Tract Symptoms Secondary to Benign Prostatic Hyperplasia. *J Urol*. 2021;206(3):715-724. 4. Mynderse L, Hanson D, Robb RA, et al. Rezūm System Water Vapor Treatment for Lower Urinary Tract Symptoms/Benign Prostatic Hyperplasia: Validation of Convective Thermal Energy Transfer and Characterization with Magnetic Resonance Imaging and 3-Dimensional Renderings. *Urology*. 2015;86(1):122-127. 5. NHS. Urinary Catheter. Available at: <https://www.nhs.uk/conditions/urinary-catheters/>. [Accessed November 2023]. 6. Urology Partners. Rezūm treatment for BPH (benign prostatic hyperplasia). Information for patients, relatives and carers. Available at: <https://www.urologypartners.co.uk/repository/originals/UP%20Rezūm%20patient%20procedure%20information%20leaflet%20FINAL%20for%20website.pdf>. [Accessed November 2023]. 7. McVary KT, Gange SN, Gittelman MC, et al. Minimally Invasive Prostate Convective Water Vapor Energy Ablation: A Multicenter, Randomized, Controlled Study for the Treatment of Lower Urinary Tract Symptoms Secondary to Benign Prostatic Hyperplasia. *J Urol*. 2016;195(5):1529-1538. 8. NICE. Rezūm for treating lower urinary tract symptoms secondary to benign prostatic hyperplasia. [Medical technologies guidance 49]. Available at: <https://www.nice.org.uk/guidance/mtg49>. [Accessed November 2023]. 9. McVary KT, Rogers T, Roehrborn CG. Rezūm Water Vapor Thermal Therapy for Lower Urinary Tract Symptoms Associated With Benign Prostatic Hyperplasia: 4-Year Results From Randomized Controlled Study. *Urology*. 2019;126:171-179. 10. McVary KT, El-Arabi A, Roehrborn CG. Preservation of Sexual Function 5 Years After Water Vapor Thermal Therapy for Benign Prostatic Hyperplasia. *Sex Med*. 2021;9(6):100454. 11. Mooney R, Goldberg K, Wong D, et al. Convective Radio Frequency Thermal Therapy for Treatment of Benign Prostatic Hyperplasia: Single Office Experience with 255 Patients over 4 Years. *Urol Pract*. 2020;7(1):28-33.

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