



Robert R. Hart, M.D.
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Instructions for Rezūm

1. Take the antibiotics as prescribed. You will take an antibiotic for up to 5 days starting on the day before the examination.
2. If your procedure is in the morning please remember to eat breakfast. If your procedure is in the afternoon then please remember to eat lunch. It is important that you not arrive at the office with an empty stomach for the procedure.
3. **Do not take any aspirin or products containing aspirin for one week prior to the appointment. This includes Alka-Seltzer, Advil, Naprosyn, Motrin, Persantine, Dipyridamle, Coumadin, Ticlid, Fish Oil, Pradaxa and Vitamin E.**
4. You may take extra-strength Tylenol as long as you do not have an allergy to this medication.
5. **If you are prescribed Valium for the procedure, you will need a driver.**

Procedure Date: _____

Time: _____

Please arrive 15-20 minutes before scheduled time.

Start the antibiotics on: _____

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Name: _____ Date of Birth: ___/___/___

Rezūm Consent

I have read, or have had read to me, and understand the following Rezūm procedure:

I have discussed my medical condition, the proposed treatment or procedure, alternatives to this treatment and the risks associated with them with my physician.

I authorize Dr. _____ to perform the above described procedure or treatment.

Patient Signature

Date/Time

Witness Signature

Date/Time

I certify that I have explained the nature, purpose, benefits, risks, complications, alternatives to the proposed procedure as well as the risks and benefits to the patient. All questions have been answered fully, and I believe that the patient understands what I have explained. I further certify that I have validated the procedure/and that the correct procedure site has been marked, if indicated, prior to being performed.

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Rezūm Post-Procedure Instructions

General Recommendations

1. Drink some extra fluids (water preferred) for the first few days following the procedure. Avoid alcohol and caffeine until your irritative symptoms have resolved.
2. Take the medication as prescribed by your doctor. Usually this will include an antibiotic, pain medication or antispasmodic if needed.
3. Avoid lifting heavy objects (>10 lbs) or excessive straining as this may cause bleeding in the first week after surgery.
4. Catheter instructions:
 - You may go home with a Foley catheter (plug or bag) or taught how to self-cath.
 - Follow your doctor's instructions.

Common Treatment Related Symptoms

The following are common treatment related signs and symptoms that you may experience after the procedure. They may also occur following removal of the catheter. After the procedure, your general urinary symptoms may temporarily worsen and then gradually improve.

1. **Blood in the Urine.** It is common to see some blood in the urine for 1 to 2 weeks. Limit any physical activities and drink some extra water to flush the bladder but you do not need to drink excessively or be alarmed. If you think the bleeding is excessive or you are having trouble urinating, call the number below.
2. **Painful Urination.** It is common to have some pain or burning with urination for 1 to 2 weeks. It should gradually improve. If it persists or starts to worsen, call the number below.
3. **Slow Urinary Stream.** After the procedure, swelling of the prostate occurs which may or may not make the urinary stream weaker. This should gradually improve. If you are having a lot of difficulty trying to urinate or cannot urinate, call your doctor.

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4. **Urinary Urgency, Frequency or Leakage.** You may experience frequency and/or a strong urge to urinate while the prostate heals. Sometimes, you may find the urge is so strong that it is difficult to hold your urine and leakage can occur.

6. **Blood in the Semen.** This may occur up to several weeks following the procedure. The semen may have red or a "rusty" color. This condition will almost always resolve without any treatment. You should not be alarmed.

Frequently Asked Questions

Your Treating Doctor may override these recommendations. You should follow his/her instructions.

1. When can I resume normal physical activities?

You may resume your daily activities immediately. You should limit vigorous workouts such as bike riding, running, treadmills, and heavy weight lifting for the first week. If you experience any bleeding, limit your activities and increase your water intake.

2. When can I resume sexual activity?

In general, once you do not see any blood in the urine you may resume sexual activity. You may experience blood in the semen as described in the "Common Treatment Related Symptoms" section.

3. When can I resume my medications including blood thinners?

In general, you should continue with any of your regular medications but check with your doctor.

Typically, you can resume any blood thinners immediately post procedure but check with your doctor.

4. When can I go back to work?

In general, you can return to work the following day. If you are taking pain medication (narcotics) or have a physical job (lifting, construction work, etc.), check with your doctor.

5. When can I have an alcoholic beverage?

You should avoid any alcohol until your irritative symptoms have resolved, typically 1-2 weeks. Alcohol is a bladder irritant and can worsen your symptoms. You should also follow the instructions regarding alcohol intake on the labels of your prescription medication.

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Contact your Doctor immediately if you experience:

1. Fever (oral temperature $\geq 101^{\circ}\text{F}$), chills – may be signs of an infection.
2. Inability to urinate.
3. Foul smelling or cloudy urine.
4. While there may be some pain related to the procedure, it is usually not severe. If you are experiencing severe pain or any condition you think may be serious, call your doctor.

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