# UW Medicine UNIVERSITY OF WASHINGTON MEDICAL CENTER

# **Before Your Rezūm Procedure**

How to prepare

This handout explains how to prepare for a procedure called Rezūm, which is used to treat an enlarged prostate gland.

#### **Before Your Procedure**

- You must submit a urine sample for analysis within 1 month of your procedure. We want to make sure you do not have a bacterial infection.
- 1 week before your procedure, stop taking all blood-thinning and antiinflammatory medicines, as directed by your urologist and cardiologist.



Talk with your provider if you have any questions about how to prepare for your procedure.

- Fill the prescription for your antibiotics at your pharmacy. Take it as prescribed. Keep taking it until all the pills are gone.
- Buy a Fleets enema in the laxative aisle at your drugstore. Use it the night before your procedure.
- Plan for a responsible adult to take you home after the **procedure.** You may not ride a bus, a cab, Uber, Lyft, or any public transit by yourself.

# **Procedure Day**

#### At Home

- You may eat a light meal and drink fluids.
- If you usually take blood thinners (*anticoagulants*) or *nonsteroidal anti-inflammatory drugs* (NSAIDs), do **not** take them.
- Take all your other usual medicines as directed by your doctor.
- Bring with you the antibiotics that you were prescribed.

#### At the Clinic

After you arrive at the clinic, we will:

- Confirm that you have given your consent for us to do the procedure.
- Make sure you have a responsible adult to take you home.
- Give you a low dose of Valium (diazepam) to help you relax.
- Make sure you take your antibiotic pill.
- Give you an antibiotic injection.
- Give you a medicine (lidocaine) that will numb your urethra for the procedure.

We will do the procedure 30 minutes after we give you these medicines.

### **Questions?**

Your questions are important. Call or send an eCare message to your doctor or healthcare provider if you have questions or concerns.

Weekdays from 8 a.m. to 5 p.m., call the Men's Health Center at 206.598.6358.

After hours and on weekends or holidays, go to the Emergency Room.