

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 anti-inflammatory medicines, as directed by your urologist and cardiologist.
- 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.



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

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.