

A man and a woman are standing in a public restroom with a blue tiled wall. The man on the left is wearing a dark t-shirt and blue jeans, and the woman on the right is wearing a dark t-shirt and khaki shorts. They are both looking at a row of white urinals. The central urinal is the focus of the advertisement.

*A shot of steam
can improve
your stream!*

Between the ages of 50
and 60, 1 in 2 men will have
a prostate that's grown¹.
This may cause problems
with your waterworks.

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My doctor says my prostate is large – what does that mean?

It simply means your prostate gland has grown bigger than normal. Benign Prostatic Hyperplasia (BPH) – also known as Benign Prostatic Enlargement – is the medical term for a prostate that's grown. Not all prostates that have grown cause problems, and prostate size doesn't always match symptoms.

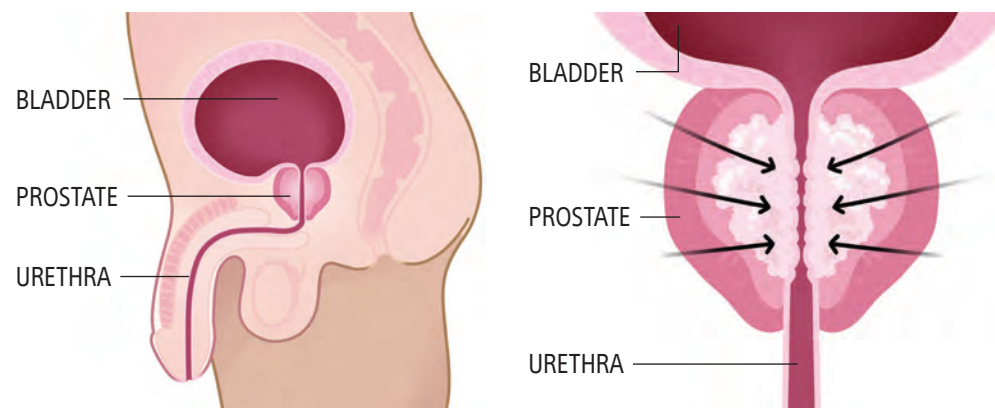
BPH is not cancer.

"Benign" means not harmful, and tells us that it's not cancer. "Hyperplasia" means extra tissue has grown and the prostate has gotten bigger.

For most men, the prostate grows with age. As men get older this can cause problems with their waterworks – the ability to wee normally (pass urine).

Your prostate sits below your bladder. Imagine your bladder is a muscular balloon in the lower part of your tummy. Sitting under this balloon is a small doughnut with a tube running through the hole in the middle. The doughnut is your prostate. The tube running through it is your urethra, that carries urine from your bladder to the end of your penis.

As the doughnut (prostate) grows, the hole in the middle gets smaller. This puts pressure on the tube (urethra), making it harder for the urine to get through.



How common is a large prostate?

Very common, because the prostate is one of the few organs in the body that keeps growing as you age!

More than 1.8 million Australian men over 50 suffer from prostate problems due to an enlarged prostate².

The older you get, the more likely your prostate will have grown.

By the time men are in their 70s, 7 in 10 will have a large prostate¹.

A **healthy** prostate is about the size of a **walnut**.



An **enlarged** prostate can be more like the size of a **lemon**.



Signs your prostate has grown include:

- When you wee, the stream is weaker.
- You need to wee more often day and night (frequency).
- You may have trouble getting the flow started.
- You may need to strain your tummy muscles to wee.
- You feel you need to rush to the toilet (urgency) but then only wee a small amount.
- Your flow stops and starts, like morse code.
- After a wee, it feels like you still need to go again.

What can I do about it?

The good news is there are many options to help you, including:

- **Lifestyle changes** – drinking less, especially caffeine and alcohol; these drinks can irritate your bladder more. Chocolate also contains caffeine, so try and limit this too.
- **Medicines** – work very well for some men. Unfortunately, others can't tolerate the potential side effects, including:

- A stuffy, congested nose
- Dizziness
- Feeling tired more than usual
- A low sex drive
- Eye problems
- Erection problems
- Ejaculation problems



Some men don't like the idea of having to take a tablet every day for the rest of their lives. And we're still learning about the long term effects of BPH medications on the brain and the heart^{3,4}.

- **Surgery** – some surgery (major) can give you good results for a long time, but have higher risks of complications.

Some surgeries (minimally invasive surgery) have lower risks but the results may not last as long.

Surgery can be very good for relieving prostate problems. Some surgeries can have unpleasant side effects like bleeding, infection, sexual problems and occasionally urinary incontinence (not being able to control when you wee).

Choosing the right treatment is a balance, understanding what is important to you.

What is water vapour therapy?

Water vapour therapy is a steam treatment for problem prostates.

There's no cutting or permanent implants.

Steam is injected directly into the tissue that's causing problems, destroying the extra tissue.



As the body heals, it naturally absorbs the tissue treated with steam, shrinking the prostate. This takes time – sometimes several weeks or even months. As the treated tissue is absorbed and the prostate shrinks, there is less pressure on the urethra, so it's easier to wee and your flow starts to improve.

Often men think that because they've had surgery, they should be better straight away. But after water vapour therapy, symptoms get worse before they get better. This is because the steam makes your tissue swell up (inflammation) for the first few weeks. As your body starts to heal, the swelling goes down and you'll start to feel better.

Healing continues for around 3 months after the treatment.

How long does it last?

Doctors know from studies that most people who get a good result from steam therapy are still happy after 5 years⁵.

Can I have it again if I need to?

Although it's early days, there's no reason that you can't have the steam treatment again if your prostate tissue grows again⁶.

What are the risks?

There are risks with all procedures on the prostate gland. You may have a general anaesthetic during the procedure, but the time you're asleep is quite short – usually around 30 minutes.

Bleeding: There's a lot less bleeding with a steam treatment than with a Trans Urethral Resection of the Prostate (TURP), which is surgery where the doctor cuts out the extra prostate tissue with a special instrument. However, there's still a risk.

Urinary tract infections (UTIs): These are not uncommon. You may need antibiotics to treat an infection. Speak to your Doctor about the right treatment for you. Good hygiene, including washing your hands before touching the catheter, can lower the chance of a UTI.

Sex: After the steam treatment, sex should feel similar to how it did before. If your erections were okay before the steam treatment, you shouldn't notice any change.

Changes in ejaculation: After the treatment, 1 in 32 men may notice less fluid or no fluid when they orgasm⁷ (sometimes called a "dry orgasm").

Urgency: Some men may feel a need to rush to the toilet after steam treatment. This usually settles after a few weeks.

Incontinence: Weeing without control or "dribbling" after a steam treatment is extremely rare, but you should talk to your Doctor about this.

Scan this QR code to learn about water vapour therapy

Open your phone's camera app, point the camera at this QR code, then tap the alert on your screen to watch a video.

Or type this into your web browser address bar:
www.treatmybph.com.au/treatment-options/water-vapor-therapy



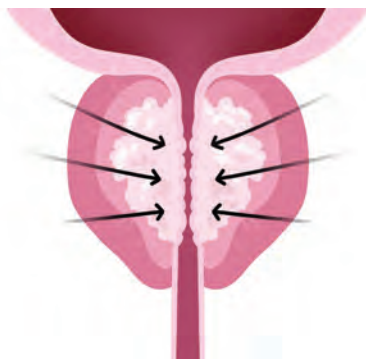
What does my prostate look like before and after water vapour therapy?

Healthy prostate



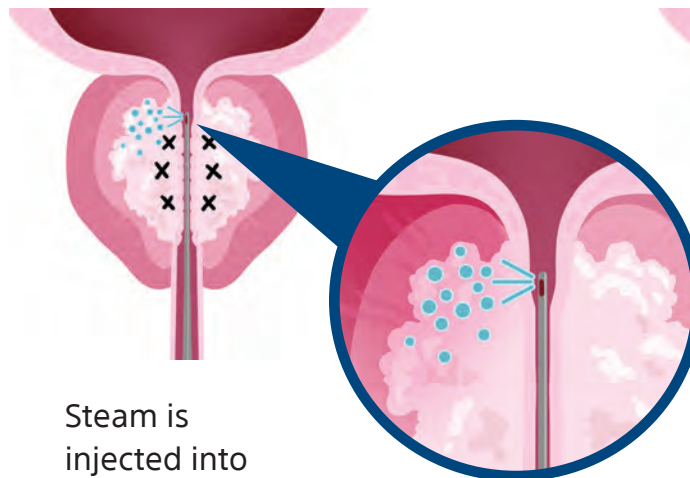
The prostate is the gland that produces the fluid that nourishes the sperm.

When the prostate has grown



When the prostate grows it can block the flow of wee out of the bladder. The urine tube gets squeezed by the extra prostate tissue.

Steam treatment



Steam is injected into the tissue that's causing the problems in the prostate.

Swelling after steam treatment



The cells die and the treated tissue swells up. This makes your symptoms seem worse to start with, and is why you need a catheter. It can take a couple of weeks for the swelling to settle.

3–6 months after steam treatment



As the treated tissue heals and starts to shrink, the tube opens up again so the wee can flow freely. Most men have improved by 3 months, but some men may take longer.

If your prostate is large, you'll need more steam

Bigger prostates need more steam. The more steam you need, the more your prostate will swell up after the treatment. Men with bigger prostates can find it takes a little longer for the irritation to settle, up to 3 months.

What happens if I decide to have water vapour therapy?

You'll receive a date for your procedure from your doctor or the hospital. The Doctor will explain the procedure and ask you to sign a consent form.

If you're currently taking blood-thinning medication (like Warfarin, Eliquis or Xarelto), you may need to stop taking it a few days before your procedure. You may need to have a blood test 7–10 days before your surgery – please talk to your doctor or nurse about this. You may also need to give a urine sample to make sure there's no infection.

What happens on treatment day?

We'll tell you when to arrive at the hospital. Although the procedure only takes around 30 minutes, you can expect to be at the hospital for a few hours. After the procedure, a doctor or nurse will talk to you about how the procedure went.



Normally, you can go home the same day, but some men need to stay overnight. You'll need to have someone take you home, as you can't drive if you've had a general anaesthetic.

You'll also be given another appointment date to return and have the catheter removed.

What happens after?

There'll be a tube to drain urine (catheter) placed in your penis for the first week or so to make you more comfortable.

It may be connected to a drainage bag or it may have a valve on the end that you open and close when you go to the toilet.

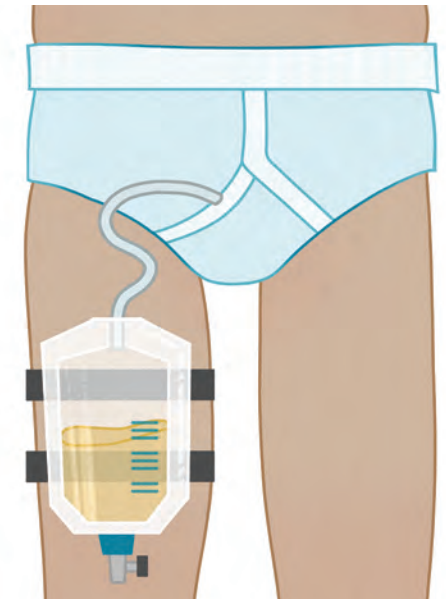
Before you go home a nurse will teach you how to look after it.

Washing your hands and keeping the catheter clean will help you avoid getting an infection.

When the catheter is removed, it's normal that your symptoms may seem worse. It's because the tissue is swollen and raw and is still squeezing the urethra.

Be patient and remember that healing is not instant. Some men notice improvement a couple of weeks after their procedure; for others it takes a little longer.

Your body is healing naturally, and this can take time. You'll continue to get better over the next few weeks. By 6 weeks, most men should be noticing improvement. The way you feel in 3 months will be very different to how you feel for the first few weeks after steam treatment.



What symptoms should I expect after treatment?

It's normal to have some pain and discomfort after treatment. The hospital staff will tell you which painkillers to use. You may be given some before you go home.

Follow the nurse's instruction on how to look after your catheter.



The first 1–2 weeks after treatment:

- It's common for a catheter to cause some discomfort in the bladder and tip of the penis. Over-the-counter pain medications can help. Ask your pharmacist or chemist.
- It's normal for men to have erections while they sleep. Make sure your catheter has some "swing room" to allow for this.
- Some men get bladder spasms when they have a catheter. If this is bothering you, talk to the doctor about medications that can help.
- When you come back to have the catheter removed, the nurses will make sure you can wee on your own before you go home. If you can't wee yet because of the swelling, the catheter will be put back in until the swelling settles down.
- The same symptoms you had to begin with usually get a little worse for 2–3 weeks after the procedure because of swelling.

3–4 weeks after treatment:

- The overgrown tissue remains after the steam treatment, but the cells have died. The body works hard to break down and remove the tissue, and this takes time.
- Most men find they still have to wee more often, day and night.
- Sometimes you don't get much warning before you need to wee (urgency) and you have to rush to the toilet.
- It may feel like you can't quite empty your bladder properly.
- It's normal to see some blood in your wee and your semen for up to 3 months after steam treatment.
- You may notice some tissue in your wee from time to time, and there may be burning and stinging when you wee. Your doctor can give you medicines to help with this.

5–6 weeks after treatment:

- You should be having more good days than bad. Bad days can be caused when tissue comes away and leaves a raw area. This will heal pretty quickly. Some men will still have swelling and irritation while others will be starting to feel better.
- You may notice your stream is a little stronger and that you're not getting up as much at night to wee.
- Remember, healing continues for 3 months. Hang in there!

Who should I contact if I have trouble?

Call your GP or the hospital, or your Urologist if you're a private patient:

- if you get a fever or chills (high temperature) in the first few weeks, you could have an infection and may need antibiotics.
- if you can't wee or it becomes too painful to, you may need another catheter for a few days.
- if there's dark blood or a lot of blood clots in your wee and it's uncomfortable, ***you should call your doctor straight away.***

How can I ease my symptoms?

- Drink plenty of water during the day.
- Some drinks can make your symptoms worse. Avoid drinks containing caffeine, like tea and coffee, and it's also best to avoid alcohol for the first few weeks.
- Sitting in a warm bath can help with the feeling of urgency.
- "Ural" sachets from a chemist may relieve any burning or stinging when you wee.



When can I get back to normal life?

You can return to work as soon as you feel comfortable to do so. Some men return to work within a few days.

If you need a sick certificate or you have any questions, please talk to your doctor or nurse before you go home.

You should be able to get back to most of your usual activities within a few days. It's normal to see a small amount of blood in the urine for 4–6 weeks after the procedure.

Some men may notice blood in their semen for a few weeks after the procedure. You may see this for up to 3 months.

Can I still have sex?

You can resume sexual activity once the catheter has been removed and you feel comfortable to do so. It's best to wait a few weeks to reduce the risk of bleeding and infection. Anal sex may pose a higher risk of infection, and should be avoided until you've completely healed.

Can I exercise?

You should avoid any heavy exercise, bike riding or lifting for the first few weeks. Gentle exercise, like walking, should be fine.



What is my International Prostate Symptom Score (IPSS)?

If you'd like help assessing your BPH risk, do this quiz and share the results with your doctor.

Circle one answer number per question:

1. Incomplete Emptying

How often have you had the sensation of not emptying your bladder?

Not at all	0	About half the time.....	3
Less than 1 in 5 times	1	More than half the time	4
Less than half the time	2	Almost always	5

2. Frequency

How often have you had to urinate less than every 2 hours?

Not at all	0	About half the time.....	3
Less than 1 in 5 times	1	More than half the time	4
Less than half the time	2	Almost always	5

3. Intermittency

How often have you found you stopped and started again several times when you urinated?

Not at all	0	About half the time.....	3
Less than 1 in 5 times	1	More than half the time	4
Less than half the time	2	Almost always	5

4. Urgency

How often have you found it difficult to postpone urination?

Not at all	0	About half the time.....	3
Less than 1 in 5 times	1	More than half the time	4
Less than half the time	2	Almost always	5

5. Weak Stream

How often have you had a weak urinary stream?

Not at all	0	About half the time.....	3
Less than 1 in 5 times	1	More than half the time	4
Less than half the time	2	Almost always	5

6. Straining

How often have you had to push or strain to begin urination?

Not at all	0	About half the time.....	3
Less than 1 in 5 times	1	More than half the time	4
Less than half the time	2	Almost always	5

7. Nocturia

How many times did you typically get up at night to urinate?

None	0	Three times	3
One time.....	1	Four times	4
Two times.....	2	Five times	5

Add the scores corresponding to your answers to questions 1 – 7

TOTAL: _____

1 – 7 = MILD

8 – 19 = MODERATE

20 – 35 = SEVERE

8. Quality of life due to urinary symptoms

If you had to spend the rest of your life with your urinary condition just the way it is now, how would you feel about that?

Delighted	0	Mostly dissatisfied	4
Pleased	1	Unhappy	5
Mostly satisfied	2	Terrible	6
Mixed	3		

After my water vapour therapy

Keep this booklet, and during the 6 weeks after you've had your steam treatment you can answer the following questions and discuss your answers with your doctor.

The first 6 weeks

1. How many days did you have a catheter for? _____ days

2. Did you wee okay when it came out? ☐ Yes ☐ No

3. Did you need another catheter put in? ☐ Yes ☐ No

If so, how long did you need it for? _____ days

4. Did you have any problems with your catheter?

5. Did you have blood in your urine?

☐ No ☐ Some ☐ A lot

6. Has your flow changed?

☐ Better ☐ Same ☐ Worse

7. How many times are you getting up to wee during the night?

_____ times

8. During the day, are you going to the toilet:

☐ Less ☐ Same ☐ More

9. How many weeks did it take for the irritation to settle?

_____ weeks

11. What medications did your doctor prescribe for you?

12. What tips can you share that you've found helpful?

What if I have other questions?

Write them here and bring this booklet with you to your next appointment so you can discuss them with your doctor:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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CAUTION: Indications, contraindications, warnings, and instructions for use can be found in the product labelling supplied with each device or at www.IFU-BSCI.com.

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