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REMINDER: All claims, posts, and statements regarding Rezūm Water Vapor Therapy need to be accurate, truthful, not misleading and appropriately substantiated. Any benefits need to be balanced with risk information. All adverse events or complaints need to be reported.

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BPH Portfolio | Water Vapor Therapy **Physician Website Content**

Water Vapor Therapy

Water Vapor Therapy (“Therapy”) is a minimally invasive treatment option¹ for an enlarged prostate or benign prostatic hyperplasia, also known as BPH. The Therapy uses the natural energy stored in water vapour, or steam to treat the extra prostate tissue that is causing uncomfortable BPH symptoms.

During each 9 second treatment, sterile water vapour is released throughout the targeted prostate tissue. When the steam turns back into water, all the stored energy is released, causing the cells to die. Over time, your body’s natural healing response removes the dead cells, shrinking the prostate. With the extra tissue removed, the urethra opens, reducing BPH symptoms.

Water Vapor Therapy for BPH

Water Vapor Therapy may provide the following:

- Potential alternative to BPH medications¹
- Noticeable symptom improvement within two weeks¹
- Preserve sexual and urinary functions²
- Ability to return to regular activities within a few days^{2*}

3 Simple Steps to Resume Your Life

1. Before Your Procedure - Talk With Your Doctor

- Your doctor may stop anticoagulants, or blood thinners, a few days to a week prior to your procedure.
- Antibiotics may be prescribed.
- Your doctor will discuss any pain medications that will be used.

2. Procedure Day

- The actual procedure takes only minutes; however an overnight stay may be recommended for some patients. Your doctor will advise you on this.
- You will receive an anaesthetic during the procedure and your doctor may prescribe medication after the procedure.

3. After your Procedure

- After your procedure, continue oral antibiotics for 3 to 5 days as prescribed by your doctor.
- Your doctor may recommend a catheter for a few days to ease urination during healing.
- Avoid activities that may irritate your prostate. Consult your doctor for specific recommendations.
- If you experience discomfort:
 - Take a mild pain medication, as recommended by your doctor.
 - Try a warm bath or sitting on a hot water bottle.
 - Consider temporarily removing caffeine, chocolate and alcohol from your diet.

Risks

All surgical treatments have inherent and associated risks. The same is true for Water Vapor Therapy. You should talk with your doctor about benefits and risks before moving forward with any treatment option.

* Dependent on individual clinical situation and healing response.

REFERENCES

1. Roehrborn CG, Gange SN, Gittelman MC, et al. Convective water vapor energy (WAVE) ablation therapy: durable two-year results and prospective blinded crossover study for treatment of lower urinary tract symptoms due to benign prostatic hyperplasia. J Urol 2017; 197: 1507.
2. McVary KT, Gittelman MC, Goldberg KA, et al. nFinal 5-year outcomes of the multicenter randomized sham-controlled trial of Rezūm water vapor thermal therapy for treatment of moderate-to-severe lower urinary tract symptoms secondary to benign prostatic hyperplasia. J Urol. 2021 Sep;206(3):715-24.

Individual symptoms, situations, circumstances and results may vary. This information is not intended to be used for medical diagnosis or treatment or as substitute for medical advice. Always consult your doctor or qualified healthcare provider regarding your condition and appropriate medical treatment.

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.