



### **What are the potential side effects with Rezum water vapor therapy?**

Most reported side effects in the clinical study were mild to moderate in severity and typically resolved within a few weeks with the most frequent being urinary symptoms such as frequency, urgency, discomfort during urination or blood in the urine. Erectile and ejaculatory functions were preserved.

### **When will I notice results from the treatment?**

Symptom improvement following the procedure is gradual. During the clinical study, significant symptom improvement was seen in as soon as two weeks. Responses to the treatment can and do vary.

### **How soon can I return to regular activities?**

Most patients return to regular activities within a few days. Your urologist will discuss this during your consultation.

### **How long do the results last?**

We currently have early clinical studies that demonstrate sustained symptom improvement out to 2 years, and studies are ongoing to determine longer term patient outcomes.

### **What are some of the short-term side effects that may occur with Rezum?**

Rezum has been proven to reduce urinary symptoms for many men who have been diagnosed with an enlarged prostate, or benign prostatic hyperplasia (BPH).

As a minimally invasive procedure, Rezum has demonstrated fewer side effects compared to those typically seen with surgical therapies, but as with any interventional procedure, some of the following side effects may temporarily occur:

- Painful urination
- Blood in urine
- Blood in semen
- Frequent urination
- Inability to urinate or completely empty the bladder
- Need for short-term catheterization

Most of these events resolve within 3 weeks of the procedure, but there is a possibility some of these effects may be prolonged. Please talk with your physician about ways to potentially minimize the effects of these risks. Patients have found that the following options may help relieve discomfort during the short-term healing process:

- Take a mild pain medication such as Tylenol.
- Try a warm bath or sitting on a hot water bottle.
- Eliminate caffeine, chocolate, and alcohol from your diet.

### **Can Rezum cause (new) erectile dysfunction?**

In the pivotal study, there were no reports of erectile dysfunction as a result of Rezum.

**Can Rezum cause ejaculatory dysfunction?**

Based on our pivotal study, ejaculatory function was preserved; however, men with BPH are at higher risk for other potential urinary/ejaculatory challenges and there is a possibility that Rezum may uncover an underlying condition. Consult with your urologist about your individual clinical situation.

**Can Rezum cause urinary incontinence?**

In the pivotal study, there were no reports of urinary incontinence as a result of Rezum.

**Will my insurance cover the Rezum procedure?**

Medicare and most private payers consider this procedure as a medical necessity. Talk to your urologist for more information.

## Frequently Asked Questions

**What is Rezum water vapor therapy?**

Rezum is a safe and effective minimally invasive treatment designed to relieve BPH symptoms by reducing the extra prostate tissue causing the problems you are experiencing.

**How does the Rezum System work?**

Rezum is a treatment for BPH that can be performed in a clinic or out-patient setting. Rezum uses the stored thermal energy in water vapor (steam) to treat the extra prostate tissue that is causing symptoms such as frequency, urgency, irregular flow, weak stream, straining and getting up at night to urinate.

Inside a hand-held device, radiofrequency energy is applied to a few drops of water to create vapor (steam). The water vapor is injected into the prostate tissue that is blocking the flow of urine from the bladder, where it immediately turns back to water, releasing the energy stored in the vapor into the cell membranes. At this point, the cells are gently and immediately damaged, causing cell death. Over time, your body will absorb the treated tissue through its natural healing response.

**What type of patients may benefit from the Rezum procedure to treat BPH?**

- Men who have elected to discontinue or who have chosen not to take BPH medications
- Men who are not receptive to other minimally invasive or surgical BPH procedures
- Men who have indicated they aren't bothered enough by their symptoms to elect an invasive surgical procedure

**How do I know if Rezum water vapor therapy is a good treatment option for me?**

Your urologist will consult with you to determine if Rezum water vapor therapy is a good treatment option for you based on your symptoms and personal treatment goals. The Rezum System is indicated for men 50 years and older with a prostate volume of Greater than or equal to 30cm and less than or equal to 80cm. The Rezum System is also indicated for treatment of prostate with hyperplasia of the central zone and/or a median lobe. The use of the Rezum System is contraindicated for patients with a urinary implant or who have a penile prosthesis.

**Do I have to go to the hospital for the Rezum procedure?**

Rezum is a minimally invasive procedure that is performed in a physician's clinic or out-patient setting.

**Will experience discomfort during the procedure?**

The Rezum procedure can be performed under oral sedation or local anesthesia (prostate block) and doesn't require general anesthesia. Your urologist will discuss pain management options with you to manage your comfort during the procedure.