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## Rezum – Post-Procedure Instructions

### General Recommendations

1. Drink extra fluids (water preferred) for the first few days following the procedure. Avoid alcohol and caffeine until your irritative symptoms have resolved.
2. Take the medication as prescribed by your doctor. Usually this will include an antibiotic, pain medication or anti-spasmodic if needed.
3. Avoid lifting heavy objects (>10) Or excessive straining as this may cause bleeding in the first week after surgery.
4. Catheter instructions:
  - a. You may go home with a Foley catheter (plug or bag) or taught how to self-cath.
  - b. Follow your doctor's instructions.

### Common Treatment Related Symptoms

The following are common treated signs and symptoms that you may experience after the procedure. They may also occur following removal of the catheter. After the procedure, your general urinary symptoms may temporarily worsen and then gradually improve.

1. **Blood in the Urine:** It is common to see some blood in the urine for one to two weeks. Limit any physical activities and drink some extra water to flush the bladder but you do not need to drink excessively or be alarmed. If you think the bleeding is excessive or you are having trouble urinating, call our office phone number listed in the footer of this page.
2. **Painful Urination:** it is common to have some pain or burning with urination. It should gradually improve. If it persists or starts to worsen, call the number below.
3. **Urinary Urgency, Frequency or Leakage:** You may experience frequency and/or a strong urge to urinate while the prostate heals. Sometimes, you may find the urge is so strong that it is difficult to hold your urine and leakage can occur.
4. **Blood in the Semen:** This may occur up to several weeks following the procedure. The semen may have red or a “rusty” color. This condition will almost always resolve without any treatment. You should not be alarmed.

## Frequently Asked Questions

Your treating doctor may override these recommendations. You should follow his/her instructions.

**1. When can I resume normal physical activities?**

You may resume your daily activities immediately. You should limit vigorous workouts such as bike riding, running, treadmills, and heavy weightlifting for the first week. If you experience any bleeding, limit recommend increase your

**2. When can I resume sexual activity?**

In general, once you do not see any blood in the urine you may resume sexual activity. You may experience blood in the semen as described in the “Comment Treated Related Symptoms” section.

**3. When can I resume my medications including blood thinners?**

In general, you should continue with any of your regular medications but check with your doctor. Typically, you can resume any blood thinners immediately post procedure but check with your doctor.

**4. When can I go back to work?**

In general, you can return to work the following day. If you are taking pain medications (narcotics) or have a physical demanding job (lifting, construction work, etc.), check with your doctor.

**5. When can I have an alcoholic beverage?**

You should avoid any alcohol until your irritative symptoms have resolved, typically one to two weeks. Alcohol is a bladder irritant and can worsen your symptoms. You should also follow the alcohol intake instructions on the labels of your prescription medication.

### Contact your doctor immediately if you experience:

1. Fever (oral temperature of 101 Fahrenheit or greater), chills – may be signs of an infection.
2. Inability to urinate.
3. Foul smelling or cloudy urine.
4. While there may be some pain related to the procedure, it is usually not severe. If you are experiencing severe pain or any condition that may be serious, call your doctor.