



Tennessee Valley Urology Rezum Protocol

Day of Procedure

1. Perform fleet enema at home two hours before scheduled arrival time.
2. Take antibiotics two hours before arrival time.
3. Arrive at office thirty minutes before arrival time.
4. You can eat a light meal two to three hours before your procedure appointment.
5. Take a Valium one hour before arrival.
6. Remember to discuss any blood thinners with your doctors when scheduling the procedure. Generally, these should be stopped five to seven days before the procedure.

After Arrival at our Office

1. A nurse will come get you from the lobby where then you will be escorted to the procedure room.
2. A prostate ultrasound will be performed, and a prostate "block" will be placed by using a very thin needle to place numbing medicine around the prostate.
3. Numbing jelly is placed in the urethra.
4. Rezum procedure is then performed. There is typically mild discomfort with placement of the lighted scope. Each application of the energy takes 9 seconds. Anywhere from 2-8 applications of the energy will be performed depending on prostate size and anatomy.
5. After removal of the scope, a catheter will be placed in the bladder.

At Home After the Procedure

1. The day of the procedure you should be off your feet and drinking plenty of liquids. Use extra strength Tylenol for discomfort. If pain persists, you may use your pain tablets but minimize use as they will cause constipation. Continue your antibiotic until it is gone. You may notice intermittent blood up to 3 weeks after the procedure. If it occurs, simply get off your feet and force fluids.
2. You will return for a catheter removal 2-4 days after the procedure. Once the catheter is removed, you will typically notice mild burning when you void and possibly increased frequency and urgency. You may use Azo tablets for burning if needed. This medicine is available over the counter. You may use 2 tablets 3 times daily if needed. These symptoms will slowly improve with most patients noting improvement from their pre-procedure symptoms by two weeks. Complete improvement may take 1 to 3 months as the treated tissue shrinks away.

If you have any problems not noted above or concerns, feel free to contact us at 423-472-3201.
Thank you for trusting us with your care.