

# A Guide To Treating An Enlarged Prostate

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 GreenLight  
Laser Therapy

**Welcome to a phase of life where you have more personal freedom, greater control over your time and the opportunity to pursue adventures that you have long been planning.**

**Don't let an enlarged prostate interfere with your new found freedom.  
Understand your options so you can chose the treatment that is best for you!**

## **What is BPH?**

BPH is a natural condition where the prostate gland slowly grows, causing pressure on the urethra, similar to a clamp on a garden hose.

### **Common symptoms of enlarged prostate include:**

- Frequent urination especially at night
- Sudden need to urinate
- Difficulty beginning urination
- Feeling that your bladder never completely empties
- Dribbling or leaking
- Weak urine stream

## **Transurethral Resection of the Prostate (TURP)**

Transurethral resection of the prostate (TURP) has long been considered the “gold standard” of treatment because it provides dramatic urine flow improvement and significant symptom relief. Prostate tissue is removed surgically. A one to three day hospital stay is usually required, followed by a four to six week of recovery time at home. This recovery period may be disruptive for men wishing to resume normal activities or returning to work.

### **Because this is a more invasive surgery, risks and complications of TURP may include:**

- Excessive blood loss
- Blood transfusion
- Incontinence
- Erectile dysfunction
- Infection
- Dysuria (painful urination)
- Extended catheterization time

## **Frequently asked Questions about GreenLight and the PVP procedure:**

### **How does the PVP procedure using GreenLight work?**

A small fiber is inserted into the urethra through a scope. The fiber carries laser energy which quickly vaporizes and completely removes enlarged prostate tissue, allowing urine to pass through immediately. Natural urine flow is rapidly restored and urinary symptoms are quickly relieved in most patients.

### **Where is PVP performed?**

The PVP procedure can be performed in a hospital outpatient center, an office based surgical facility or ambulatory surgery center. Typically no overnight stay is needed. However, in some cases when a patient travels a long distance, has other medical conditions to consider or is in frail condition, an overnight stay may be recommended.

### **Will I experience discomfort during the procedure?**

Patients have not reported any pain during the PVP procedure. Your doctor will discuss anesthesia requirements, as well as pain medication to ensure your comfort during and after the procedure.

### **Will I need to wear a catheter?**

Many patients do not require a catheter following the procedure. If one is required, it is typically removed in less than 24 hours. However, patients with compromised bladder function or those who have required prolonged catheterization as a result of severe urinary symptoms may require a catheter for a longer period of time.

### **Will I experience discomfort after the procedure?**

Most patients experience mild discomfort such as slight burning during urination for a week or so. This can be managed with mild pain and anti-inflammatory medications.

### **What are the risks and complications?**

Your medical history and personal health condition will have an impact on your treatment outcomes and risk factors. Your urologist will discuss this and your specific condition with you during your consultation.

Dozens of clinical studies have evaluated the safety of the PVP procedure using GreenLight. Risks and complications that may occur after the PVP procedure include slight burning during urination and a small amount of blood in the urine for a week or so. There will be minimal catheterization and a low rate of urinary tract infection. In less than 1% of reported cases impotence and blood transfusion may occur. Some men experience more severe symptoms which can be managed by your urologist. For a list of clinical studies, please visit: [www.greenlightforbph.com](http://www.greenlightforbph.com) or call 1-800-healbph.

### **How long before I see results?**

Most patients experience very rapid relief of symptoms and a dramatic improvement in urine flow. This typically occurs within 24 hours of the procedure. However, medical history, health condition and other factors can influence treatment and recovery.

### **How soon can I return to work?**

Most patient can resume normal activities within a couple of days. Strenuous activities can be resumed within two weeks. Your urologist will discuss this and your specific condition with you during your consultation.

### **Will there be any sexual side effects?**

You should be able to have an erection and experience the same sensation of an orgasm after the PVP procedure. Some men may experience “retrograde ejaculation” or “dry climax”. This does not affect erection or orgasm. If you are sexually active, you can look forward to remaining so.

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

Clinical studies report that PVP procedure offers durable and rapid symptom relief up to 5 years.

**Complete this survey and calculate your score to determine the severity of your symptoms.**

0	1	2	3	4	5
Not at all	Less than 1 in 5	Less than half time	Half time	More than half time	Almost Always

**Incomplete emptying.** Over the past month, how often have you had a sensation of not emptying your bladder completely after you finished urinating?

0	1	2	3	4	5
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**Frequency:** Over the past month, how often have you had to urinate again less than 2 hours after you finished urinating?

0	1	2	3	4	5
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**Intermittency.** Over the past month, how often have you found that you stopped and started again several times when you urinated?

0	1	2	3	4	5
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**Urgency:** Over the past month, how often have you found it difficult to postpone urination?

0	1	2	3	4	5
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**Weak-stream:** Over the past month, how often have you had a weak urinary stream?

0	1	2	3	4	5
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**Straining:** Over the past month, how often have you had to push or strain to begin urination?

0	1	2	3	4	5
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**Nocturia:** Over the past month, how many times did you typically get up at night to urinate?

0	1	2	3	4	5
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**Your total score:** \_\_\_\_\_

0-7: mild obstruction

8-19: moderate obstruction

20-35: severe obstruction