

Abstract no.: FP. 1-11

Comparative Outcomes of UroLift Versus Rezum in the Management of BPH: A Retrospective Analysis

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Objective

- To compare clinical outcomes and safety profiles of UroLift and Rezum in patients undergoing minimal invasive treatment for benign prostatic hyperplasia (BPH)

Patients and Methods

- A retrospective study between April 2023 and March 2025
- 147 patients → UroLift (n=28) or Rezum (n=89)
- Patients are followed up at 3 months and 6 months

Results

- Readmission was significantly higher after UroLift than Rezum in catheter-dependent patients ($p=0.032$), but similar in catheter-independent group ($p=0.47$).
- Trial without catheter (TWOC) success at 4 weeks was similar ($p=0.120$).
- UroLift showed early significant improvement in Qmax ($p=0.044$) and PVRU ($p=0.038$) at 3 months, with QoL improvement at 6 months ($p=0.025$).
- Rezum significantly improved PVRU at 3 months ($p<0.001$) and broader improvements across all secondary endpoints at 6 months.
- Comparative efficacy between groups was not statistically different, and reintervention rates were similar ($p=1.0$).

Conclusion

- UroLift has higher early readmissions in catheter-dependent patients while both groups have similar readmission rate in catheter-independent patients
- Both groups have similar TWOC rates at 4 weeks and functional improvement up to 6 months