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Outcomes of Transurethral Water Vapour Therapy (Rezum) compared to transurethral resection of prostate (TURP) in patients with obstructive uropathy or refractory urinary retention

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Introduction

- Benign Prostatic Hyperplasia (BPH) is a common cause of urinary retention in men
- TURP (Transurethral Resection of the Prostate) has long been the gold-standard surgical treatment, offering reliable symptom relief but associated with potential morbidity, hospital stay, and anaesthesia requirements.
- Rezum (Transurethral Water Vapour Therapy) is a minimally invasive alternative that uses thermal steam to ablate prostatic tissue, with advantages such as feasibility for outpatient treatment and reduced peri-operative risks.

Objective

To investigate the safety and efficacy of Transurethral water vapour therapy (Rezum) and Transurethral Resection of Prostate (TURP) in patients with obstructive uropathy or refractory urinary retention.

Methods

- Retrospective cohort study
- 159 patients (mean age 73) in New Territories West Cluster
- Prostate size 30–80 cc
- Primary outcome: Successful TWOC
- Other outcomes: complications, recurrent retention, need for re-treatment

Results

	Rezum	TURP	P value
Number of patients	78	81	0.408
Mean prostate size (ml)	59.68	64.9	0.702
Successful TWOC (by 3 months)	73 (93.6%)	80 (98.8%)	0.112
Complication	8 (10.3%)	14 (17.3%)	0.292
Recurrent retention	12 (15.4%)	4 (4.9%)	0.034
Retreatment	19 (24.4%)	7 (8.6%)	0.014

Conclusions

- Both Rezum and TURP are effective treatment options for patients with obstructive uropathy or refractory urinary retention, achieving high catheter-free rates by 3 months
- Rezum provides a minimally invasive alternative suitable for selected patients with reduced perioperative risks