

# Transurethral water vapour ablation for lower urinary tract symptoms caused by benign prostatic hyperplasia

Information for the public

Published: 21 August 2018

[www.nice.org.uk](http://www.nice.org.uk)

Benign prostatic hyperplasia is a non-cancerous enlargement of the prostate. It can block or narrow the urethra (the tube that urine passes through to leave the body), causing problems with passing urine. During this procedure, heated water vapour (steam) is injected into the prostate using a probe that is passed up the urethra. The heat from the steam destroys some of the prostate tissue, making it smaller.

This procedure works well for lower urinary tract symptoms caused by benign prostatic hyperplasia. There are no serious concerns about its safety. It can be used for people with lower urinary tract symptoms caused by benign prostatic hyperplasia.

[NHS Choices](#) may be a good place to find out more. NICE's information on [interventional procedures guidance](#) has more about what a procedure is and how we assess them.

## Is this procedure right for me?

If you've been offered this procedure, your healthcare professionals should discuss with you what is involved, and tell you about the risks and benefits. They should talk with you about your options, and listen carefully to your views and concerns. Your family can be involved too, if you wish. All of this should happen before you agree (consent) to have the procedure. You should also be told how to find more information about the procedure.

Read more about [making decisions about your care](#).

## Some questions to think about

- What does the procedure involve?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- What happens if the procedure doesn't work or something goes wrong?
- What happens if I don't want the procedure? Are there other treatments available?

ISBN: 978-1-4731-8713-9