

# Transperineal laser ablation for treating lower urinary tract symptoms of benign prostatic hyperplasia

Information for the public

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Benign prostatic hyperplasia is a non-cancerous enlargement of the prostate. It can block or narrow the tube that urine passes through to leave the body (urethra), which can cause lower urinary tract symptoms such as difficulty peeing.

## About transperineal laser ablation

In this procedure, optical fibres are inserted into the skin between the anus and scrotum (transperineal), and guided to the target area using ultrasound imaging. The fibres then deliver laser energy to the prostate, and the heat from the laser destroys some of the prostate tissue (laser ablation). The aim is to increase the flow of urine and reduce the lower urinary tract symptoms.

## People who cannot have TURP or other transurethral procedures

Transurethral resection of the prostate (TURP) is a different procedure that goes through the urethra to treat benign prostatic hyperplasia. For people who cannot have TURP or other transurethral procedures, there is not enough evidence about how well transperineal laser ablation works or how safe it is. So, it can only be done with special arrangements. This means you will have regular appointments afterwards to check how well it has worked or whether it has caused problems.

## People who can have TURP or other transurethral procedures

For people who can have TURP or other transurethral procedures, transperineal laser ablation can only be done as part of a research study. This is because there is not enough evidence to be sure how well it works or how safe it is.

Your healthcare professional should talk to you about the research.

## Is this procedure right for me?

You should be included in [making decisions about your care](#).

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

## Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- Will I have to stay in hospital?
- What happens if it does not work or something goes wrong?
- What happens if I do not want the procedure?
- Are other treatments available?

## Information and support

The [NHS webpage on benign prostate enlargement](#) may be a good place to find out more.

- [NICE's information on interventional procedures guidance](#) explains what an interventional procedure is and how we assess it.
- [NICE's information on interventional procedures recommendations](#) explains what special arrangements and only in research are.

You can also get support from your local [Healthwatch](#).

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