

Transurethral water-jet ablation for lower urinary tract symptoms caused by benign prostatic hyperplasia

Information for the public

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Transurethral water-jet ablation can be used for lower urinary tract symptoms caused by benign prostatic hyperplasia (BPH) because it works well and there are no serious concerns about its safety in this condition.

Benign prostatic hyperplasia (also known as benign prostate enlargement) is a non-cancerous enlargement of the prostate. It can block or narrow the tube (urethra) that urine passes through to leave the body, causing urination problems. In this procedure, a probe is passed up the urethra (transurethral) and into the bladder. Then a high-speed jet of water is injected through the probe into the prostate. This destroys some of the prostate tissue (ablation), making the urethra wider. The aim is to increase the flow of urine.

The [NHS webpage on benign prostate enlargement](#) may have information on your condition and treatment options.

You can [search the NHS website for information about consultants and hospitals](#) that offer this procedure.

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

- [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 standard arrangements are.

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

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