

## Is HoLEP Right for Me?

Your physician will play a major role in helping to determine if HoLEP is right for you. HoLEP is safe and effective for prostates of all sizes. In particular, if your prostate is very large, and you are seeking a minimally invasive treatment, then HoLEP may be your best option. If your doctor determines that a general anesthetic will be used, you will need to be in good enough physical condition (e.g. no heart or lung disease) to tolerate the anesthetic. Your physician will advise you about all your treatment options, and what the best course of action is for your specific case.

Need More Information About HoLEP?  
Contact:

## A Note from a Personal Experience

I recently had a HoLEP surgery for my enlarged prostate. The surgery was a HUGE success and was absolutely painless. I'm like a whole new guy. I got my life back and I don't take any more medication to help me urinate.

I would like to encourage those who suffer from an enlarged prostate and are not sure about the treatment options to choose HoLEP and not be afraid of it, as it was absolutely painless for me.

All my long term results have been positive and lasting and there hasn't been any negative side effect what so ever.

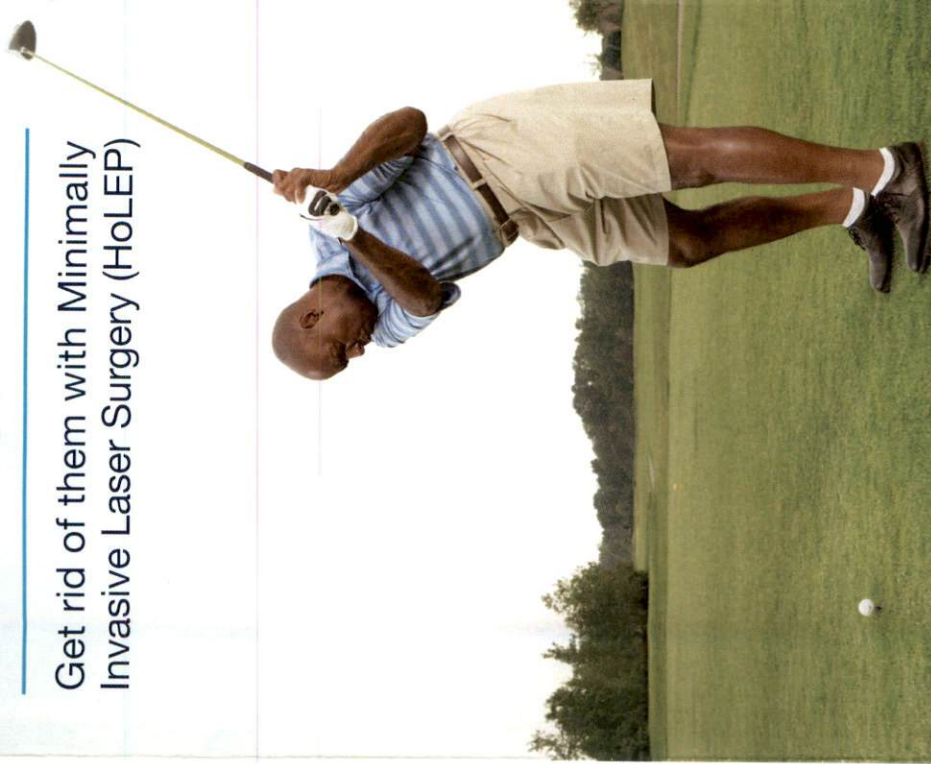
Yours truly,  
Gregory, USA

Watch  
My Story



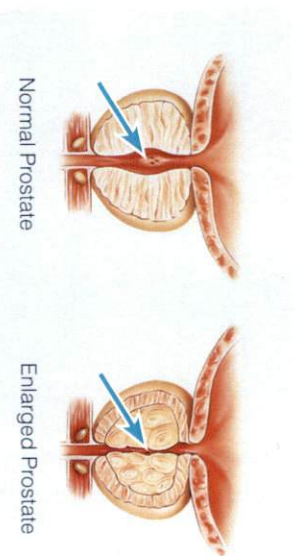
# Don't Let your Enlarged Prostate Symptoms Control your Life

## Get rid of them with Minimally Invasive Laser Surgery (HoLEP)



## What is an Enlarged Prostate or Benign Prostatic Hyperplasia (BPH)?

BPH is a chronic, progressive condition, which is most often not dangerous, and is not a precursor of cancer. However, the associated urinary tract symptoms negatively impact quality of life as they progress in number and severity. Among these symptoms are a sudden need to urinate, urinating often, waking at night to urinate, difficulty emptying the bladder, difficulty starting the urine stream, and a weak stream of urine. If symptoms evolve to become severe and remain untreated, they can cause other more serious conditions, including the inability to urinate, urinary tract infections, bladder and kidney damage, incontinence, and bladder stones.



## Enlarged Prostate Detection and Diagnosis

If you have symptoms of prostate enlargement, visit your doctor early to rule out other serious conditions. There is no specific test for prostate enlargement, but detection occurs during other routine tests. At your doctor's office, you will be asked a series of questions related to your medical history. Your physician will administer a physical exam which may involve a digital rectal exam, a prostate-specific antigen (PSA) test, a urine test, or an ultrasound analysis. Depending on the results of these tests and your physician's judgment, you may receive additional tests. You may also be referred to a specialist (urologist).

## Benefits of HoLEP

The benefits of HoLEP include:

- Outpatient procedure
- Minimal need for post-operative catheter (up to 24 hours after surgery)
- Minimal bleeding during and after procedure
- Faster and easier recovery with a quick return to work and daily activities
- Immediate symptom improvement
- Improved quality of life
- Lower risk of side effects including infection, compared to invasive surgery
- Lower reoperation rate than TURP, and much lower than other laser procedures
- Can treat prostates of any size
- Suitable for anti-coagulated patients



## How Holmium Laser Enucleation of the Prostate (HoLEP) Works?

HoLEP uses a high energy laser beam to cut away the enlarged prostate tissue. This tissue is temporarily moved into the bladder, where it is further broken up into smaller pieces using a device called a morcellator, and then flushed out of the body. The entire procedure is performed without any external incisions, making it a highly effective minimally invasive surgical option. Either a full general anesthesia (where you will be asleep throughout the procedure) or a spinal anesthesia (where you are awake but unable to feel anything from the waist down) will be used. All methods minimize pain: A thin tube is inserted into the urethra. Through this tube, the physician passes a special, thin camera and a flexible Holmium laser fiber. The camera allows the physician to see the prostate and bladder as well as guide the treatment procedure, and the laser is used to cut the prostate tissue. HoLEP gives patients with enlarged prostates the option of a minimally invasive surgical approach, with a significant reduction in post-operative challenges and immediate improvement in symptoms. HoLEP is known for its low reoperation rate of 1% as compared with other treatment options.

## What Happens Immediately After the Procedure?

There is always some bleeding from the prostate area after the operation. The urine is usually clear of blood within 12 hours. It is useful to drink as more fluid than normal in the first week after the operation because this helps the urine clear of any blood more quickly. You will be able to eat and drink on the same day as the operation when you feel able to.

The catheter is generally removed on the morning after surgery. The expected hospital stay is no more than one night and most patients are discharged the afternoon following surgery.