Trusted Information Creator
Patient Information Forum

NHS
University Hospitals of Leicester
NHS Trust

Having an iTind procedure to treat symptoms of an enlarged prostate (BPH)

Department of Urology
Information for Patients

Produced: October 2026
Review: October 2027
Leaflet number: 1791 Version: 1

What is iTind?

iTind stands for temporary implantable nitinol device. It is a safe, effective and minimally invasive treatment for:

- symptoms caused by enlarged prostate, also called benign prostatic hyperplasia (BPH)
- a narrowed or blocked bladder neck

What treatment options are there?

The iTind procedure is one treatment option. You may be able to have it instead of:

- prescription medicines
- more invasive surgery, such as transurethral resection of the prostate (TURP). TURP removes part of the prostate through the tube you pee through.

iTind may avoid many of the complications linked with these treatments. It does not leave a permanent device in your body.

What are the benefits?

iTind produces rapid and effective symptom relief with good results. You will be able to return to your daily life quickly. You do not need general anaesthesia. It is often a catheter-free procedure. It helps keep sexual function, including ejaculation. It also helps you keep control of your bladder.

What are the risks?

In clinical studies, there have been no long-term adverse effects from iTind.

What other options are there?

Urolift staples and steam ablation of the prostate (Rezum) are other minimally invasive treatments for an enlarged prostate.

What happens before the procedure?

Your urologist will make sure that you have all the tests needed before making the decision that you can have the iTind procedure. You may be asked to attend a pre-admission assessment clinic before your iTind procedure.

How should I prepare?

You do not need to do anything special to prepare for your iTind procedure. You may be asked to fast for a period before your procedure is done. We will explain if you need to do this at your pre-assessment appointment. We will give you a leaflet about fasting if this is the case.

You must not drive to the appointment. Please arrange for someone to take you home.

What happens on the day?

- iTind will be implanted either in an operating theatre or in an outpatient department. The procedure will be done under short-acting sedation or local anaesthetic. It will depend on your personal situation.
- You may be given a steroid and a painkilling injection.
- A local anaesthetic jelly will be inserted into your water pipe (urethra).
- You should be able to go home within a few hours of the procedure, after you have peed.
- For the 5 to 7 days while the iTind is in place, you will have a thread running from the iTind device out of your penis. Please do not cut or damage this thread. We use it to remove the device later.
- Someone must drive you home.
- Most patients see a rapid improvement in the flow of pee and go home without a catheter.
- If you cannot pee after the procedure, we may need to insert a catheter for a short time to drain your bladder. The catheter will usually be removed after a few hours. You should then be able to go home catheter-free.

What happens during the procedure?

Your urologist uses a special tool to put, and expand, the iTind in your water pipe.

What happens after the procedure?

- After the iTind device has been inserted, you will stay in the hospital for a couple of hours to make sure you can pee.
- You may be given an antibiotic to take at home to reduce the risk of a urinary tract infection.
- You will also be offered some painkillers and a steroid tablet (for anti-inflammatory purposes) to take while the device is left in position.
- The iTind is usually left in place for 5 to 7 days.

What happens on the ward?

- The ward staff will be responsible for making sure you can pee.
- They will arrange your take home medications.
- They will tell you about when you return to have the iTind device removed.

What to look out for at home (complications)

The following side effects can occur while you have the iTind. They should get better when iTind device is removed:

- Slight burning when peeing
- Light blood in your urine. You may pass some small clots. This usually gets better over the first 2 to 3 days after the device is inserted.
- You may feel you need to pee more often. This is usually felt most strongly during the first 2 to 3 days, after which the feeling begins to go away. Drinking little and often can help ease some of these symptoms
- The feeling of pressure and the presence of a foreign object in the soft part of the body behind the testicles (perineum). Most patients feel this as being a little uncomfortable, mainly when sitting. Some patients have more discomfort. Your urologist may prescribe painkillers or a non-steroidal anti-inflammatory drug if this happens

While the device is in place, you should not have sex or do any strenuous exercise (including heavy lifting, cycling and running) or activities such as sitting on a lawnmower or working with vibrating equipment.

What happens when the iTind is taken out?

- 5 to 7 days after the iTind is inserted, you will return to the Urology department to have it removed. We remove the iTind using a flexible silicone catheter.
- It is removed in an operating theatre or outpatient room.
- We do this under sedation or local anaesthetic.
- If you cannot pee after iTind is removed, you may need a temporary catheter.
- Some-one should be with you to drive you home.

When do I have a follow-up appointment?

You will be seen at one of the outpatient clinics about 3 months after the procedure. At this appointment, you are likely to be asked to do a flow test. We will also do a bladder scan which you probably had done before your iTind procedure. This checks to find out if the iTind device has made an improvement in your peeing.

Returning to normal activities

You can usually return to your normal activities 1 to 2 days after the iTind device is removed.

You may have a small amount of blood in your urine for a few days or up to 1 week. This should clear up without treatment.

When will my symptoms improve?

Most people start to notice an improvement after the device is removed. Symptoms usually continue to improve over the next 6 to 12 weeks.

Studies have shown that improvements in symptoms flow of pee and quality of life can last for up to 3 years for many patients.

Prostate checks and future treatment

You can still have routine prostate checks after iTind treatment. These may include:

- a digital rectal examination, where a healthcare professional checks your prostate with a gloved finger
- scans, including an MRI scan

You can also have iTind again or choose another treatment for an enlarged prostate if you need or want further treatment in the future.

More information

NHS England published a document in 2023 called “Decision support tool: making a decision about enlarged prostate (BPE)” to help patients decide their treatment choices. A link to this document is below:

https://www.england.nhs.uk/wp-content/uploads/2023/11/Decision-support-tool-making-a-decision-about-enlarged-prostate.pdf

Contact details

All leaflets must include a contact number for patients if they have questions.

Phone 0116 258 4635 Mon-Fri 8am to 4pm; Phone 0116 258 4247 out of hours and at weekends.

Scan the QR code or use the web address to contact **Ward 28a Urology CNS**
https://accurx.nhs.uk/p/RWEW28
This is for non-urgent requests, for urgent help please call 111 or 999

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.

To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

إذا كنت ترغب في الحصول على هذه المعلومات بلغةٍ أُخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research

Re-use of this leaflet is restricted by Creative Commons license