



Medical Policy Reference Manual Medical Policy

7.01.142 Waterjet Tissue Ablation of the Prostate

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Description

Benign prostatic hyperplasia (BPH) is a common condition in patients as they age. It can result in increased urinary frequency, an urgency to urinate, a hesitancy to urinate, nocturia, and a weak stream when urinating. Collectively these symptoms are referred to as Lower Urinary Tract Symptoms (LUTS). Transurethral resection of the prostate (TURP) is considered the gold standard for treatment of LUTS. This is a surgical procedure that involves trimming excess prostate tissue that is blocking urine flow.

Waterjet tissue ablation of the prostate (Aquablation®) is a minimally invasive surgical technique for treating benign prostate enlargement. This technique provides an alternative to TURP. The AQUABEAM® robotic system performs automated tissue resection. The prostate is accessed transurethrally by an endoscope and ultrasound imaging is used to properly position instruments and monitor tissue resection. High-pressure saline removes parenchymal tissue through a heat-free mechanism of hydrodissection. The International Prostate Symptom Score (IPSS) provides a tool for quantifying symptoms caused by BPH. Studies have found IPSS decreases that endure three years beyond treatment with waterjet ablation of the prostate.

Policy

Waterjet tissue ablation (Aquablation®) of the prostate for the treatment of lower urinary tract symptoms (LUTS) secondary to benign prostatic hyperplasia is considered **medically necessary**.

Policy Guidelines

Rationale:

Waterjet ablation of prostate tissue has been demonstrated to be as effective as transurethral resection of the prostate (TURP) for treating LUTS. The duration of symptom improvement has been documented to extend for at least three years.

2022 Update: Peer-reviewed literature and expert opinion were considered at a meeting of the Technology Assessment Committee on July 28, 2022. A decision was made to remove criteria regarding prostate size from this medical policy. Waterjet ablation of prostate tissue appears to be as effective for treating prostates of sizes > 80cm³ as it is at treating prostates of sizes < 80cm³.

Benefit Applications

There are no Benefit Application guidelines for this Medical Policy.

Provider Guidelines

There are no Provider Guidelines for this Medical Policy.

Cross References to Related Policies and Procedures

There are no Related Policies for this Medical Policy.

References

The following were among the resources reviewed and considered in developing this policy. By reviewing and considering the resources, CareFirst does not in any way endorse the contents thereof nor assume any liability or responsibility in connection therewith. The opinions and conclusions of the authors of these resources are their own and may or may not be in agreement with those of CareFirst.

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