

Lower urinary tract symptoms in men

RFQs

- Have you ever had a urine infection?
- Do you ever pass blood in your urine, or semen?
- Do you ever feel that you can't empty your bladder?
- Would you mind filling in this questionnaire? It will help me to understand how your symptoms are affecting you (IPSS).
- How are your erections?

Provide

Your urine sample does not show any sign of a water infection, and your prostate does not feel worrying. Would you be happy for me to arrange a blood test to check your kidneys are OK and that your prostate is OK?

Safety net:

We should see you urgently if you have blood in your urine, or if it hurts to pass urine, especially if you have a fever or tummy pain.

If your symptoms are disrupting your life: we should see you again, so that we can consider your treatment options together (alpha blockers for benign enlargement of the prostate).

Very occasionally some men stop being able to pass urine at all. This feels awful and you will need immediate medical care if this happens.

Your symptoms are most likely to be caused by a benign enlargement of your prostate, that strangles the pipe leading to the penis. There is a small possibility that your symptoms could be caused by a slow growing prostate cancer, so please don't ignore worsening symptoms or constant pains in your bones.

Provide

You were worried about prostate cancer, but I can't feel any hard lumps in your prostate and your PSA (prostate specific antigen) test is normal. That is reassuring. I think that you have a benign enlargement of your prostate.

Your questionnaire (IPSS) shows that this is causing you a lot of bother. I would recommend that we try you on a medicine that is likely to shrink your prostate down, and make your water work symptoms better. It usually works within a month. You would be likely to need to use it long term. Perhaps we could use a small dose first? Watch out, it drops your blood pressure a little, so if you feel faint, to start with, sit down, or lie down, to avoid falling.

You are still quite troubled with your water works despite taking the tamsulosin (or doxazosin) for a month or so. You might like to try another medicine (finasteride). It usually takes several months to work, and it can cause considerable side effects. These include difficulties with your sex life, mood changes and even suicidal thoughts. Do let me know if you have any breast changes or nipple discharge.

Safety net:

If your water work symptoms are changing we should see you again. If you have symptoms of a water infection - discomfort when you pee, going frequently, or a fever with lower tummy pain or pain in your flank we should see you urgently with a urine sample. We also need to know if you have blood in your urine, or constant bone pain.