

Lower Urinary Tract Symptoms in Men

Urology One Stop Clinic
Malton Diagnostic Centre

Information for patients, relatives, and carers

Malton Diagnostic Centre

Malton Community Hospital, Middlecave Road, Malton, YO17 7NG

① For more information, please contact:
The Contact Centre

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The York Hospital, Wigginton Road, York, YO31 8HE

Contents	Page
Does having urinary symptoms mean I have prostate cancer?	2
What do I have to do before the clinic?	2
What test and investigations can I expect to have?	3
Treatment options	4

Your GP has referred you for the investigation of your lower urinary tract symptoms (LUTS). As men get older many experience difficulty with urination. The cause of these symptoms often is an enlarged prostate gland or an overactive bladder or commonly, a mixture of both. Such symptoms may include:

- Poor urinary flow
- Hesitancy
- Frequency
- Urgency (a sudden strong desire to pass urine)
- Nocturia (being woken at night to pass urine)
- Terminal dribbling (difficulty in stopping urine flow immediately after passing urine)

Does having urinary symptoms mean I have prostate cancer?

No. Most men who present with LUTS do not have prostate cancer but have a non-cancerous (benign) enlargement of their prostate. However, we may offer you a blood test the same day to look for prostate cancer (PSA – prostate specific antigen) as part of your assessment – unless your GP has already done this for you in advance. If you opt for a PSA test on the day we will aim to inform you and your GP of the result within five working days and, if the test is abnormal, offer you a further appointment to discuss the implications.

What do I have to do before the clinic?

Please complete the enclosed bladder diary chart and bring it with you to your appointment. For three days record the amounts and type of fluids you drink and the time you drink them. When you pass urine on these days please measure the amounts passed into a jug with millilitre markings on the side. Then record the amount and time the urine was passed on the chart. You don't need to try and measure urine leaks, please just record these as a 'w' for 'wet'. We appreciate your time and effort in completing the chart. This information is very important in helping to diagnose your urinary problems.

What test and investigations can I expect to have?

You will be asked to fill out a prostate symptom score, have a blood test and do a urine flow test. This latter test requires you to have a comfortably full bladder and we may ask you to drink more before the test can be performed. We will then ask you to pass urine in the normal way into a special toilet which will measure your urine flow. Your bladder will then be scanned using an ultrasound probe which is passed gently over your lower abdomen. This will allow your specialist to assess your bladder function and whether you are emptying your bladder properly.

- You will be asked to provide a urine specimen when you arrive at the clinic so please speak to a member of staff if you need to go to the toilet before this has been obtained.
- For patients with urine leakage problems it is helpful if you have some urine in your bladder during your consultation so again, please speak to a member of staff if you feel you will be unable to hold your urine.
- Your bladder may be scanned using an ultrasound probe which is passed gently over your lower abdomen. This will allow your specialist to assess your bladder function and whether you are emptying your bladder properly.

More detailed investigations

Flexible Cystoscopy

You might be offered a camera inspection of the bladder and urethra (water pipe). This involves passing a fine flexible telescope a bit like a catheter into the bladder through the urethra under local anaesthetic. The test can feel slightly uncomfortable, but most people are able to tolerate it without any problem. The test allows the specialist to inspect the inside of your bladder and urethra.

The procedure lasts 5-10 minutes and you will be able to drive home or use public transport afterwards.

You may wish to bring a friend or relative along with you for support.

Urodynamic studies

You may also have Urodynamic studies (functional tests on your bladder). This test takes about 20 minutes and assesses how your bladder behaves when it fills, stores and empties urine.

These last two investigations are explained in more detail in an information leaflet which will be provided if the tests are appropriate for you. You can also find further information at www.BAUS.org.uk

Treatment options

You may be offered medication in addition to that which your GP has tried. If you have an overactive bladder then we will ask you to fill out a bladder diary to record your drinking habits and provide a record of your pattern of urination. If your prostate is the main cause of your symptoms, you may be considered for prostate surgery and treatment options will be discussed with you in the clinic before you leave.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact Sarah Hillery, Advanced Nurse Practitioner, General Surgery and Urology, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 72 69 78.

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