

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

Telephone: 01904 72 64 00
York Hospital, Wigginton Road, York, YO31 8HE

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.

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- Formal ultrasound of the urinary tract: some patients require a more detailed scan of the kidneys, ureters and bladder. This will be undertaken by the sonographer on duty and the report available immediately.

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, York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 72 69 78.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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