

**Clinical Guideline:** Male Lower Urinary Tract Symptoms (Male LUTS) Site: FPH

* Frequency
* Urgency
* Nocturia
* Hesitancy
* Slow, intermittent or weak force of stream
* Sensation of incomplete bladder emptying
* Overflow incontinence
* Terminal dribbling

History

* Lifestyle advice caffeine, fluid intake, alcohol
* A blocker could add 5 a-reductase inhibitors (less effective and may take 6 months before benefit & the latter halves PSA)

Advice and Treatment

**Consider referral if:**

Acute retention

PSA > age adjusted normal

Haematuria

Residual volume> 200ml

Inadequate responses to medical treatment

Unable to tolerate medical therapy

Dr/patient concern of malignancy

Abnormal renal function

Referral Guidelines – red flag signs

* Dipstick & MSU
* U&E
* International Prostate Symptom Score (IPSS)
* PSA (once UTI excluded)
* LUTS service assess & treat

Investigation

* DRE
* Palpate the bladder

Examination

* Rare <40 yrs
* 60% age 60
* 90% age 85

General Information