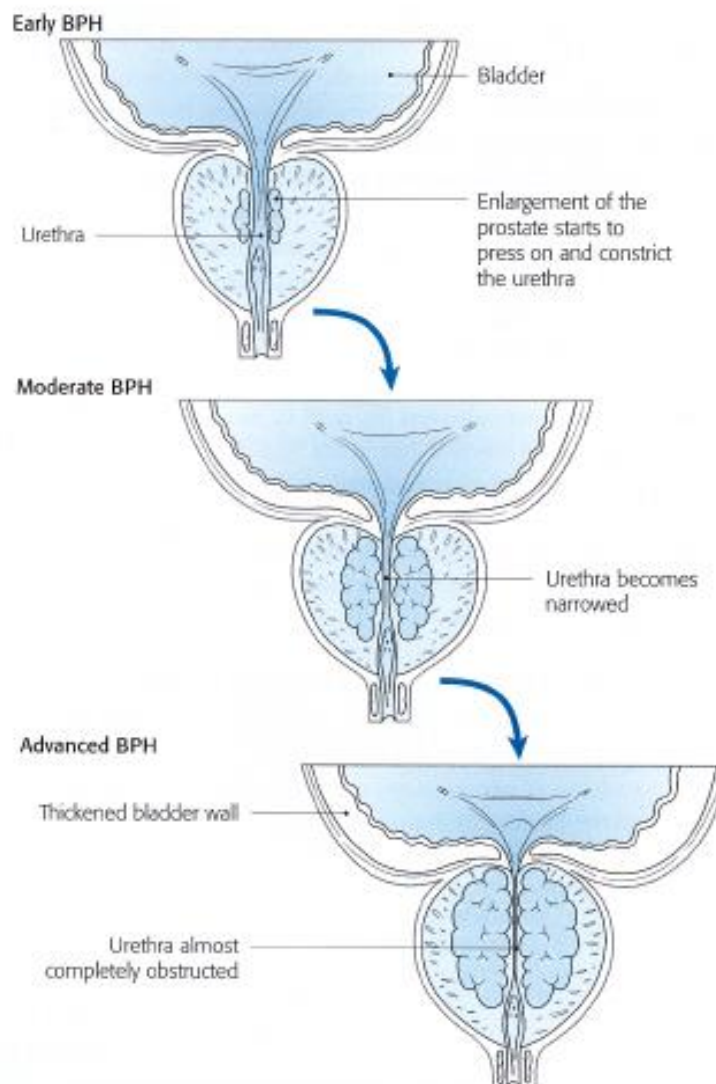


Patient Information Benign Prostatic Hyperplasia (BPH)

Department of Urology

What is BPH?

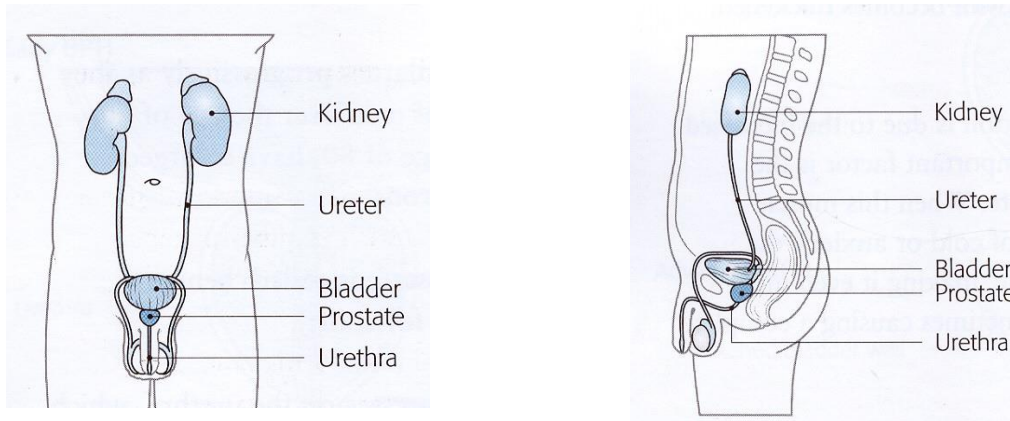
BPH is enlargement of the prostate gland (**see diagram below**). As it enlarges it can squeeze the urethra (the water-pipe). This can cause problems passing urine (urination).



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Where is the Prostate Gland and what does it do?

The prostate gland lies below the bladder and in front of the rectum (back passage) - **see diagram below**. Your urethra (water pipe) passes down through the middle of it. The prostate is a reproductive (sex) organ which produces fluid that nourishes the sperm and helps liquefy your semen (make runny) after ejaculation.



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Who does this affect, and what causes it?

BPH affects 1 in 3 men over the age of 50, and by the age of 80 most men will have some problems due to BPH. The reasons why the prostate enlarges are not fully understood.

Does it mean that I have cancer?

No. BPH is a benign (not cancer) disease.

What problems can it cause?

- Poor flow (urine comes out with a poor or sluggish stream).
- Hesitancy (takes a while before you start passing urine).
- Dribbling after you have finished.
- Not emptying your bladder fully so quickly feeling you need to pass urine again.
- Frequency (having to pass urine more often).
- Urgency (having to rush to the toilet).
- Leaking urine before you are able to get to the toilet (urge incontinence).
- Getting up at night to pass urine (nocturia).
- Urinary retention, the urethra is so narrowed by the prostate squeezing on it that it causes a blockage. You are unable to pass urine at all or only very small amounts.

What happens in clinic?

The doctor will ask some questions about your general health and any problems you may be having passing urine. You will be examined, this will also involve having a Digital Rectal Examination (DRE) of the prostate. As the prostate lies in front of the rectum, by placing a finger into the rectum the doctor will be able to feel the back of the prostate. For most people this examination is uncomfortable but not painful, taking a minute or so to do.

Will I need any tests?

Yes. You will need to provide a urine sample to check you do not have a urine infection. You may have a blood test to check your kidney function. You will be sent for uroflowmetry (a special test to measure your urine flow). An ultrasound scan will be done after you have passed urine to see how well you have emptied your bladder. If you need any further tests, your doctor will discuss these with you.

Can BPH be treated?

Yes. Depending on your symptoms, how bothersome they are and the results of the tests, your doctor may suggest monitoring you periodically and adjusting your fluid intake or starting medication. If these do not work or your tests suggest otherwise, surgery may be the most appropriate treatment. When you come to clinic your doctor will discuss which treatment s/he feels is the best one for you.

If you have any questions or concerns, please find below contact numbers for the Urology wards and Urology nurses:-

Urology Wards

D 5 West on:- 01633 – 234040 / 234041 (24 hours)

Urology Day Ward on:-

Tel. No:- 01633 – 656378 / 656377

Monday – Friday office hours

Urology Outpatient Department on:-

Tel. No:- 01633 – 234979

Monday – Friday office hours

Janet Marty Uro-oncology Specialist Nurse on:-
Tel. No:- 01633 - 656143
Monday – Friday office hours

Maureen Hunter, Urology Nurse Practitioner on:-
Tel. No:- 01633 – 234758
Monday – Friday officer hours

Julie Simpson, Uro-oncology Specialist Nurse on:-
Tel. No:- 01633 – 238976 / 01873 - 732081

Stef Young, Pre-admission Nurse Practitioner on:-
Tel. No:- 01633 – 234533
Monday – Friday office hours

References:-

British Association of Urological Surgeons (2004) Procedure Specific Consent Forms for Urological Surgery.

Tanagho E A McAninch J W 2003. Smiths General Urology

**“This document is available in Welsh /
Mae’r ddogfen hon ar gael yn Gymraeg”.**