

# **Patient information from Gordon Muir, Consultant Urological Surgeon**

Please do not rely on this information unless you have been specifically sent this by Mr Muir

## **Male Lower Urinary Tract Symptom Assessment**

Every man with urinary symptoms needs to be regarded as an individual – some have primarily a prostate problem, some an overactive bladder, and in some the problem be linked to the heart or kidneys and have nothing to do with the prostate. While many men worry that any urinary symptoms are due to prostate cancer, it is rare to find an early prostate cancer causing any clinical problems at all.

A full assessment is vital and we try to do this as part of a one stop appointment where possible – patients can help here by filling in some assessment forms and diaries prior to coming to the clinic.

Not every prostate and patient is suitable for every treatment or operation: our aim is to listen to the patient and find the solution which fits his needs and wishes

Treatments we recommend will range from simple lifestyle modification, through herbal and then prescription medication, to a number of minimally invasive operations. Different treatments will vary in both effectiveness and risk.

While for some men there may be an overriding reason to choose one specific treatment, in most men there is a balance to be made by the patient and we will try to help with that decision.

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This information pack is designed to be of help for all patients both when considering and recovering from surgery, as there are a number of areas which are common to all patients having the procedure.

All patients will be given specific personal advice on their preparation and recovery, as well as the other treatment options available.

We hope you will find this timesaving, helpful and straightforward. Please let us know of any ideas for improvement.

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### Pre-op Test Results and Information Required

A number of tests are needed to assess a man's general status, and indeed the need for any prostate or bladder treatment. If you have previously seen another specialist and a letter has been sent to us then we will usually have these results.

Otherwise it is a good idea to try to get the tests organised at the time of the first appointment.

Our team will help you with this if need be. You may find the list below helpful.

<b>Serum PSA</b>	Blood test: needs to be done prior to outpatient visit	Yes / No
<b>Serum Creatinine</b>	Blood test needs to be done prior to outpatient visit	Yes / No
<b>Full Blood Count</b>	Blood test needs to be done prior to outpatient visit	Yes / No
<b>Urine Flow rate</b>	Urine test can be done at time of assessment	Yes / No
<b>Urine residual volume</b>	Ultrasound can be done at time of assessment	Yes / No
<b>Urine culture or urinalysis</b>	Urine test can be done at time of assessment	Yes / No

Prior to surgery we also like to have documentation of the amount of bother a man has from his urinary symptoms, as well as an assessment of sexual function and a measurement of urine frequency. The three questionnaires below (IPSS, IIEF-5 and frequency volume chart) will assist in helping arrive at a speedy and accurate diagnosis.

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## International Prostate Symptom Score (IPSS)

(please let us know if you would prefer to be sent this in editable MS Word format)

**Name:**

**Date:**

Please use the following point scale to answer each of the questions. Write a number in the box at the end of each column, then total the score from all the questions.

0 = Not at all

3 = About half the time

1 = Less than once in 5 times

4 = More than half the time

2 = Less than half the time

5 = Almost always

***Over the past month, how often have you:***

Had the sensation of not completely emptying your bladder after you finished urinating?	
Had to urinate again less than 2 hours after you finished urinating?	
Found that you stopped and started again several times when you urinated?	
Found it difficult to postpone urination?	
Had a weak urinary stream?	
Had to push or strain to begin urination?	
Had to get up to urinate from the time you went to bed at night until you got up in the morning? <i>For this question, use the following point scale:</i> <i>0 = None      3 = 3 times</i> <i>1 = 1 time      4 = 4 times</i> <i>2 = 2 times      5 = 5 times or more</i>	
<b>Total score from all questions</b>	

## Quality of Life

If you were to spend the rest of your life with your urinary condition just the way it is now, how would you feel about that? (please highlight or circle one response)

***Delighted    Pleased    Mostly satisfied    Mixed    Mostly dissatisfied    Unhappy    Terrible***

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### Frequency Volume Chart

This chart helps us to assess the activity of the bladder and the bother it is causing you.

You will need to obtain a plastic measuring jug of at least 500ml capacity: this can be bought from any ironmongers or cookery shop.

Try to fill in about four days of bladder activity if possible (see example of two days below), preferably making them as typical as possible. If you do not manage to record some voids then make a note at the time you went. The sample chart on this page should show you what is required and please do remember to bring the chart to your next appointment so we can go through it together.

Please let us know if you would prefer this in editable MS Word format

Good Luck!

Date	Time	Volume	Volume drunk	Type of drink	Notes
21/07/19	05.00	?			Wet the bed
21/07/19	08.30	150ml	50ml	Coffee	
21/07/19	09.00	180ml		Tea	Burning feeling
21/07/19	12.00	300ml		Water	
21/07/19	13.00	?			Slight incontinence
21/07/19	16.00	340ml			
21/07/19	22.00	300ml		Fizzy drink	
22/07/19	0130	?			Woke up bursting, forgot to measure it
22/07/19	0600	220ml			Urgency +++
22/07/19	0900	210ml			
22/07/19	1000	?			Major incontinence on lifting



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## Modified International Index of Erectile Function (IIEF-5)

This allows objective assessment of any difficulties with erections either before or after treatment.

Please answer the questions by putting a tick by the number in the correct box, thinking of the last month.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### 1. How do you rate your confidence that you could get and keep an erection?

Very Low	1
Low	2
Moderate	3
High	4
Very High	5

### 2. When you had erections with sexual stimulation, how often were your erections hard enough for penetration?

No sexual activity	0
Almost never/never	1
A few times	2
Sometimes (about half the time)	3
Most times	4
Almost always/always	5

### 3. During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner?

Did not attempt intercourse	0
Almost never/never	1
A few times	2
Sometimes (about half the time)	3
Most times	4
Almost always/always	5

### 4. During sexual intercourse, how difficult was it to maintain your erection to completion of intercourse?

Did not attempt intercourse	0
Extremely difficult	1
Very difficult	2
Difficult	3
Slightly difficult	4
Not difficult	5

### 5. When you attempted sexual intercourse, how often was it satisfactory for you?

Did not attempt intercourse	0
Almost never/never	1
A few times	2
Sometimes (about half the time)	3
Most times	4
Almost always/always	5

Comments: