

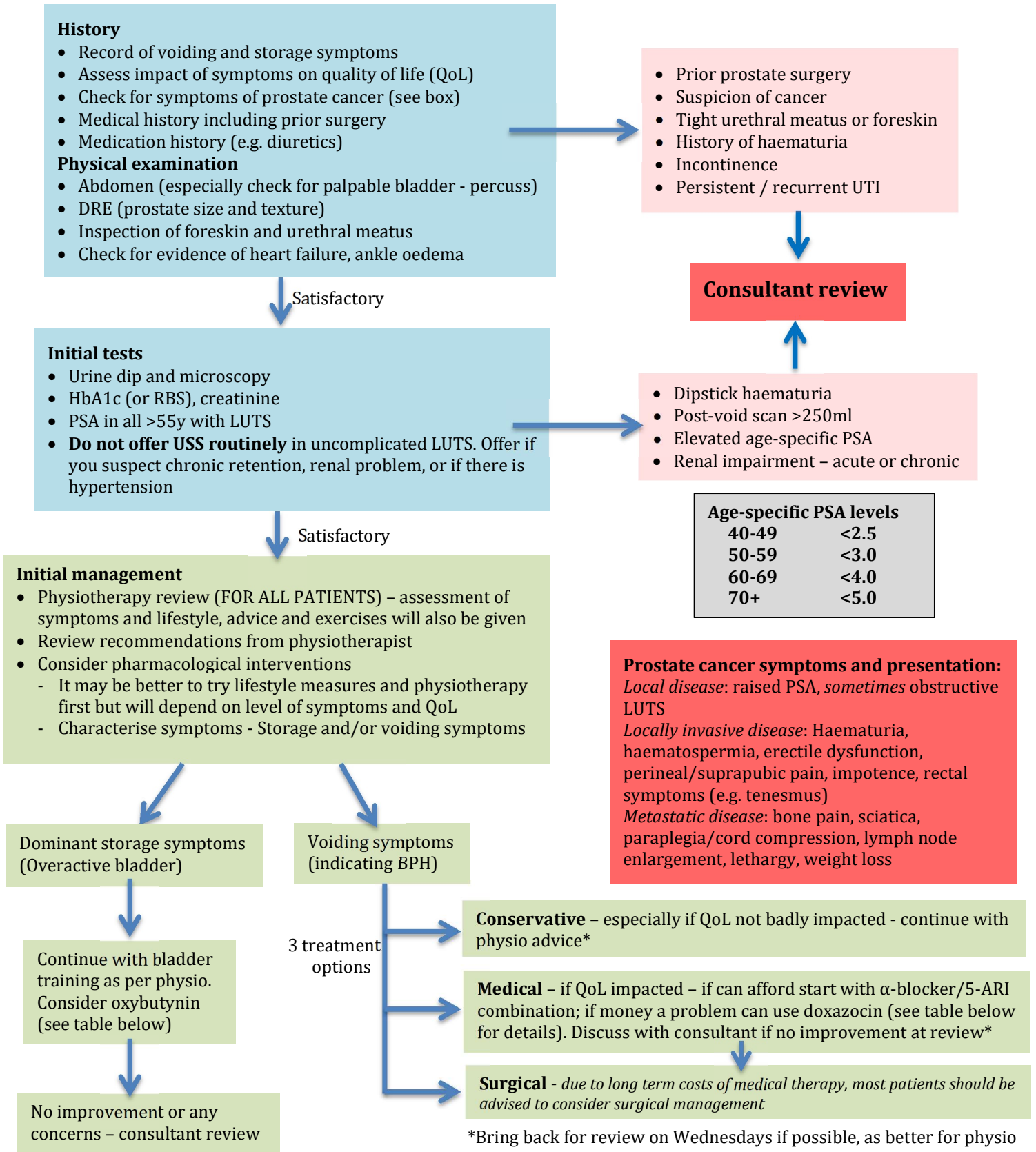
Male Lower Urinary Tracts Symptoms (LUTS)

- 41% of men >50y have moderate to severe LUTS, but it is not all caused by BPH
- Men with self-reporting LUTS are NOT at increased risk of having advanced prostate cancer

Male LUTS consists of voiding symptoms, storage symptoms or both

Storage Symptoms include frequency, nocturia, urgency and incontinence (indicating overactive bladder)

Voiding symptoms include hesitancy, poor flow, straining, intermittency, incomplete emptying, dribbling (indicating BPH)



Kijabe OPD Guidelines

MEDICATION TO USE WITH MALE LUTS				
		Dose	Price/28d	Review after
<p>COMBINATION THERAPY (ALPHA-BLOCKER AND 5-ARI) Finasteride/tamsulosin Dutasteride/tamsulosin Generally used as first line for voiding symptoms at Kijabe Hospital if patient can afford it</p>	<p><i>Common side effects of 5-ARIs: reduced libido, impotence</i></p>	<p>5mg/0.4mg 0.5mg/0.4mg</p>	<p>1680Ksh 1680Ksh</p>	<p>6 weeks</p>
<p>ALPHA BLOCKERS Doxazocin Tamsulosin</p> <p>Can offer alpha-blockers to men with moderate to severe voiding LUTS, where conservative management has been unsuccessful or is not appropriate. (Usually second line at Kijabe Hospital – combination therapy preferred)</p>	<p><i>Common side effects: dizziness, fatigue, rhinitis, postural hypotension</i> Rapid onset of action, improve quality of life. No evidence that one alpha-blockers is better than another in terms of efficacy and side-effects, so start with cheapest. If Hx hypertension, consider reducing anti-hypertensives if at risk of postural hypotension</p>	<p>4mg od 0.4mg od</p>	<p>560Ksh 1680Ksh</p>	<p>6 weeks</p>
<p>ANTI-CHOLINERGICS Oxybutynin</p> <p>Consider if storage symptoms (overactive bladder) or persistent voiding symptoms despite an alpha-blocker</p>	<p><i>Common side effects – dry mouth</i> <i>Contraindications – myasthenia gravis, glaucoma, cognitive impairment, frail/elderly patients</i></p>	<p>5mg 2-3 times per day</p>	<p>560-840/-</p>	<p>4-8 weeks</p>

References

Consultation with Dr J Barasa, head of surgery, AIC Kijabe Hospital, November 2021

Nottingham area prescribing committee, male LUTS <https://www.nottsapc.nhs.uk/media/1095/male-luts-clinical-guideline.pdf> adapted from NICE CG-97

GPCPD Red Whale GP update

[https://gpcpd.com/handbook/GP%20Update/Men's%20Health/Lower%20urinary%20tract%20symptoms%20\(LUTS\)](https://gpcpd.com/handbook/GP%20Update/Men's%20Health/Lower%20urinary%20tract%20symptoms%20(LUTS)) accessed 14/11/21