



Spire

Tunbridge Wells Hospital

Healthcare for men

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Why might men need to see a Urology specialist?

Men who have problems with testicular swellings, kidney stones or urinary infection can need to see a urologist but problems with passing water are a common reason to see a urology doctor.

What are the symptoms of a urinary problem?

- Slow urinary stream
- A feeling that the bladder doesn't finish emptying
- Frequent need to pass urine
- Problems with having to wait before starting to pee
- An urgent need to urinate and having to plan journeys and trips out
- A urine stream that starts and stops
- Getting up excessively at night to pee

How is BPH (Benign Prostate Hyperplasia) diagnosed?

Your urologist will usually want to meet for an appointment. BPH usually occurs in the over 50's. At a younger age other conditions may be present. Men may need a physical examination and may need a blood test called PSA if your GP has not already checked this.

Will I need any special tests?

For most patients with urinary problems a flow test, where you pass urine into a machine to measure the speed or urine flow, may be done. The Spire Tunbridge Wells has excellent facilities to complete these tests quickly and easily.

How is BPH treated?

If a man has mild prostate enlargement, and few symptoms it may be appropriate to give advice only and wait until he needs treatment. Men are often keen to be reassured simply that the symptoms they have are not indicative of other serious conditions like prostate or bladder cancer.

If treatment is needed it may be that the most helpful methods are:

- Tablet treatment to relax or shrink the prostate
- Urolift® minimally invasive implant
- Laser surgery (Holmium Laser Enucleation of the Prostate – HOLEP)

What is a prostatic urethral lift (Urolift®) procedure?

A prostatic urethral lift is a minimallyinvasive procedure that can help relieve urination problems caused by an enlarged prostate.

It is performed as a day visit procedure in suitable men and doesn't usually require a catheter tube to be inserted after surgery. The procedure can be done under local anaesthetic with sedation to keep the patient sleepy and has been shown to have good results for suitable patients.

It can have fewer sexual side effects such as reduced ejaculation or sexual performance than some traditional tablet treatments or surgery.

**For more information or to make an appointment
please contact us on**



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