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The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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## **Lower Urinary Tract Symptoms in Men** *(page 1 of 2)*

Many men as they get older experience urinary tract symptoms. These include:

- frequency
- urgency
- having to get up at night to pass urine (nocturia)
- not being able to pass urine immediately (hesitancy)
- dribbling urine after you have dressed (post micturition dribble).

There are non-surgical ways of controlling some of the symptoms. These include:

- medication which will be prescribed for you if your consultant feels it would help prescribe for you if they feel it is required
- maintaining a good fluid intake and avoiding things that can aggravate the bladder (see below)
- pelvic floor exercises (see patient information sheet called 'Pelvic floor exercises in men')
- milking the urethra to ensure that you have completely emptied your bladder.

### **Fluid management and diet**

It is recommended that your daily fluid intake should be 1.5 - 2 litres of liquid per day (this is equivalent to 5-7 mugs). You should aim to keep your urine a pale lemony colour. Maintaining a good fluid intake will help prevent constipation which can affect your bladder symptoms. It is also important to ensure you are eating a healthy balanced diet to avoid constipation.

A diet which helps to prevent constipation includes wholegrain products, pulses, lentils, oatmeal, dried fruits, vegetables and prunes. Speak to the nurse in your GP surgery if you need more information about avoiding constipation.

Avoiding caffeine may help your bladder symptoms. This includes avoiding tea, coffee, hot chocolate made from dark chocolate (instant hot chocolate is fine), green tea and caffeinated fizzy drinks such as colas. Try drinking decaffeinated or caffeine-free alternatives.

### **Pelvic floor exercises**

#### **Urology Nurses**

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The pelvic floor muscle provides support and control for your bowel and bladder. It helps to prevent leakage of urine when you exercise. If you are having problems with urine leakage, then doing pelvic floor exercises could improve the leakage. Please ask for a leaflet on 'Pelvic Floor Exercises in Men'.

### **Post micturition dribble (PMD)**

This is where you lose a few drops of urine after the main stream when your bladder feels empty but the urine is retained in the bulbar urethra. The urethra is the tube that carries urine from the bladder through the penis to the outside of the body; the widest area is called the bulbar urethra. Treatments for this include pelvic floor exercises and urethral massage.

### **Urethral massage**

The technique is:

- Pass urine in the usual way then wait a few seconds to allow your bladder to empty
- Place the fingertips of your hand about 3 finger widths behind your scrotum and press gently
- Still applying pressure, bring your fingers towards the base of your penis
- This pushes the urine forward from the bulbar urethra into the penile urethra where it can be emptied by shaking or squeezing in the usual way
- Repeat this process twice to ensure that the urethra is completely empty
- Practise this technique at home
- When in a public toilet it would be advisable to use a cubicle for more privacy.

If you have any questions or problems please contact the urology nurses or your consultant's secretary.