



BLADDER OUTLET OBSTRUCTION



Patient Information

1. This is likely due to either a hyperactive bladder neck or an enlarged prostate or combination of the two
2. If your flow test shows signs of obstruction or incomplete bladder emptying, you will be offered medical treatment – a trial of 10 days
3. This consists of an alpha blocker (Silodyx / Uromax / Alfuwin etc), which relaxes the smooth muscle in the bladder neck and prostate capsules
4. If this medication is effective your flow will improve within 24 to 48 hours
5. You should have a follow up flow test within 7 – 10days, while still on the medication to confirm improvement
6. If you are satisfied with the improvement you will stay on this medication permanently
7. You can apply to have this medication as a chronic drug on your Medical Aid. Your prescription will need to be repeated every 6 months
8. If you are not satisfied or your flow test is insufficient, you will need a follow up appointment to discuss further treatment options. Failed medical treatment usually requires a surgical procedure which will be discussed in full
9. Potential side effects of an alpha blocker: dizziness (very uncommon in newer drugs) and retrograde ejaculation
10. Retrograde ejaculation is completely harmless and reversible is caused by medical treatment – normal ejaculation will return within 48 hours after stopping the alpha blocker
11. Some alpha blockers cause more retrograde ejaculation than others, we can change your medication if this is an issue for you
12. If you have symptoms of frequency (passing small volumes very frequently) or urgency (needing to rush to the toilet due to a sudden “pressure” over the bladder) we might add a second drug to treat these symptoms
13. You will have a PSA test and if this is elevated you might need a prostate biopsy which will be discussed if needed
14. If you have a large prostate and PSA level above 1.5, we might add another drug (5-alpha reductase inhibitor such as Fincar or Avodart). This will shrink your prostate by up to 25% and decrease your future risk for prostate surgery. This takes 6 months for the full effect and will also be used permanently. Your PSA will also decrease and make the test more sensitive for picking up prostate cancer in future
15. If you respond well to medical treatment, but require further explanation of your condition, PSA results or treatment options you can return for a follow up appointment.