Benign Prostatic Hyperplasia

You have an enlarged prostate. This is common in elderly males. It is called **BPH.** This stands for benign prostate hyperplasia. The prostate gland is located in base of the bladder. When it grows, the prostate blocks the urethra. This is the tube which drains urine from the bladder.

SYMPTOMS OF BPH INCLUDE:

- Weak urine stream.
- Dribbling.
- Feeling like the bladder has not emptied completely.
- Difficulty starting urination.
- Getting up frequently at night to urinate.
- Urinating more frequently during the day.

Complete urinary blockage or severe pain with urination requires immediate attention.

DIAGNOSIS

- Your caregiver often has a good idea what is wrong by taking a history and doing a physical exam.
- Special x-rays may be done.

TREATMENT

- For mild problems, no treatment may be necessary.
- If the problems are moderate, medications may provide relief. Some of these work by making the prostate gland smaller. The herb saw palmetto is commonly used.
- **If complete blockage occurs, a Foley catheter is usually left in place for a few days.**
- Surgery is often needed for more severe problems. TURP is the prostate surgery for **BPH** which is done through the urethra. TURP stands for transurethral resection of the prostate. It involves cutting away chips from the prostate. It is done by removing chips so that they can come out through the penis.
- Techniques using heat, microwave and laser to remove the prostate blockage are also being used.

HOME CARE INSTRUCTIONS

- Give yourself time when you urinate.
- **Stay away from alcohol.**
- **Beverages containing caffeine such as coffee, tea and colas can make the problems worse.**
- Decongestants, antihistamines, and some prescription medicines can also make the problem worse.
- Follow up with your caregiver for further treatment as recommended.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop increased pain with urination or are unable to pass your water.
- You develop severe abdominal pain, vomiting, a high fever, or fainting.
- You develop back pain or blood in your urine.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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