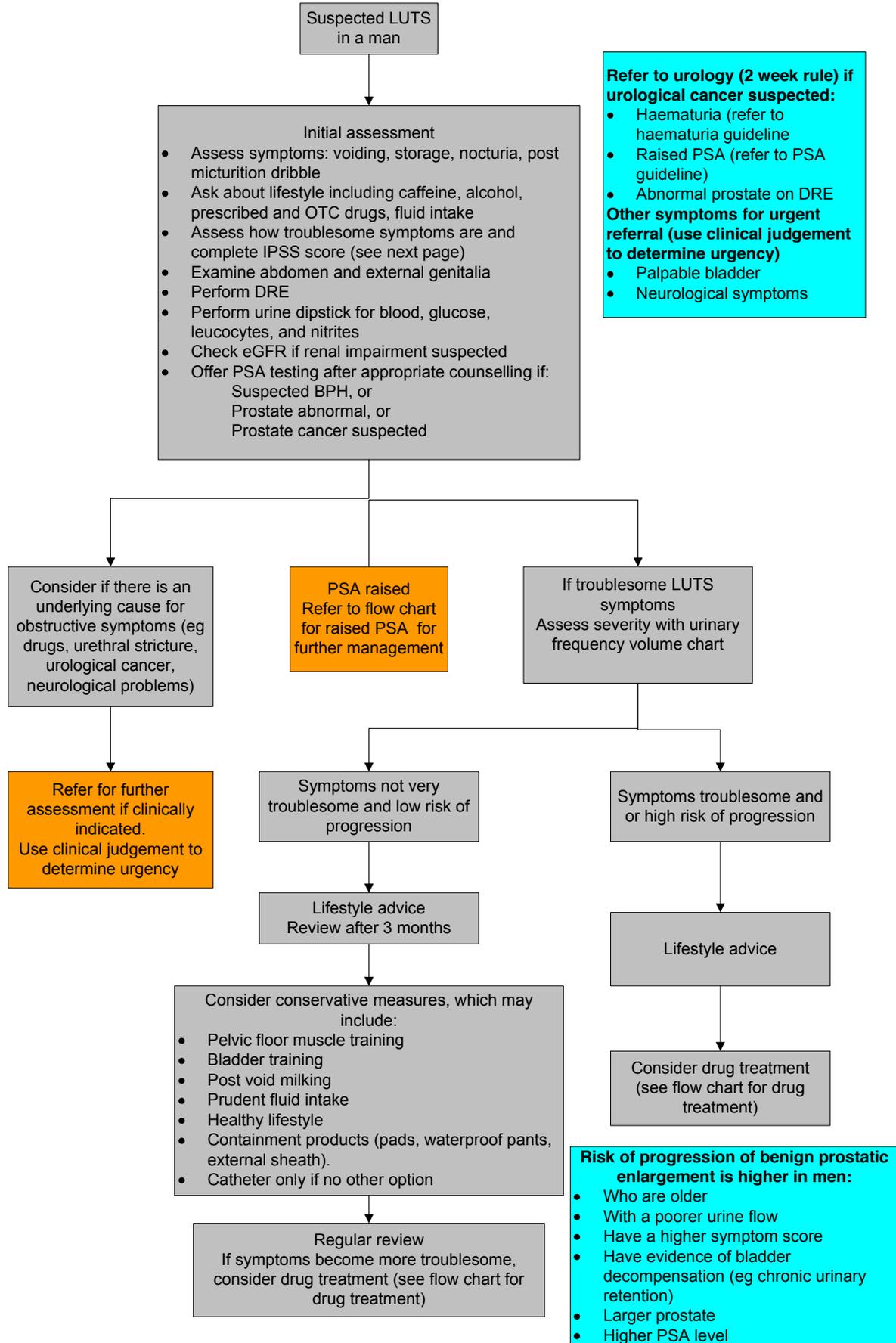


Lower urinary tract symptoms (LUTS) in men: assessment and management



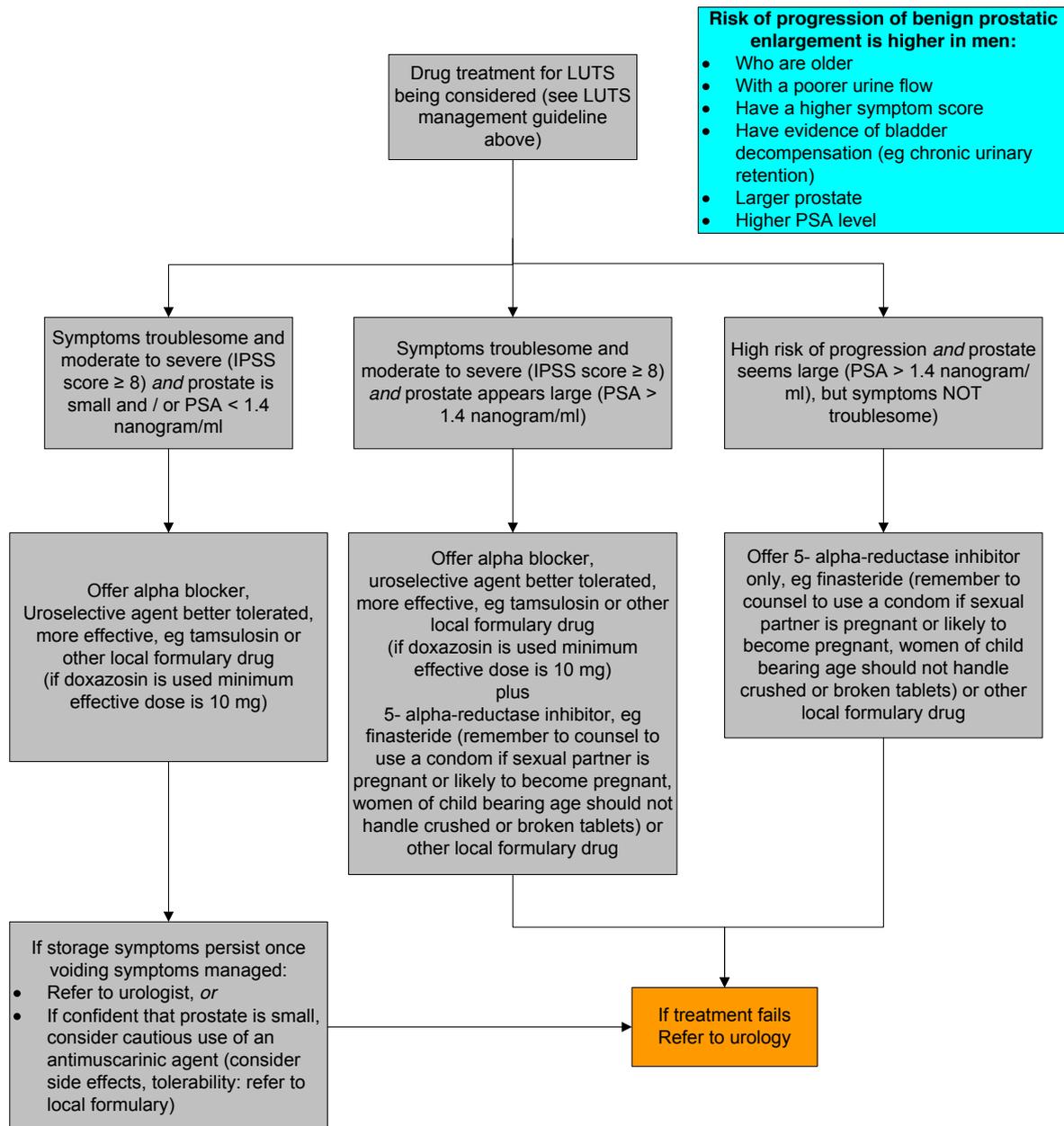
International Prostate Symptom Score (IPSS)

Name:

Date:

	Not at all	Less than 1 time in	Less than half the time	About half the time	More than half the time	Almost Always	Your score
Incomplete Emptying Over the past month, how often have you had a sensation of not emptying your bladder completely after you finish urinating?	0	1	2	3	4	5	
Frequency Over the past month, how often have you had to urinate again less than 2 hours after you finished urinating?	0	1	2	3	4	5	
Intermittency Over the past month, how often have you found you stopped and started again several times when you urinated?	0	1	2	3	4	5	
Urgency Over the last month, how difficult have you found it to postpone urination?	0	1	2	3	4	5	
Weak stream Over the past month, how often have you had a weak urinary stream?	0	1	2	3	4	5	
Straining Over the past month, how often have you had to push or strain to begin urination?	0	1	2	3	4	5	
	None	1 time	2 times	3 times	4 times	5 times or more	Your score
Nocturia Over the past month, how many times did you most typically get up to urinate from the time you went to bed until the time you got up in the morning?	0	1	2	3	4	5	
Total IPSS Score							
Bothersomeness Quality of life due to urinary symptoms	Delighted	Pleased	Mostly satisfied	Mixed – about equally satisfied and dissatisfied	Mostly dissatisfied	Unhappy	Terrible
If you were to spend the rest of you life with your urinary condition the way it is now, how would you feel about that?	0	1	2	3	4	5	6

Drug flow in patients with LUTS being considered for drug treatment



Notes
Refer to local formulary for additional information and for details of drugs on the local formulary

Follow up
Alpha-blocker: after 4-6 weeks, and then every 6-12 months
5-alpha-reductase inhibitor: after 3-6 months, then every 6-12 months
Antimuscarinic agent: every 4-6 weeks until stable, then every 6-12 months

Interpretation of PSA results
After 6 months of 5-alpha reductase inhibitor use, PSA levels reduce by about 50%. When interpreting a PSA level measured after at least 6 months of 5-alpha reductase inhibitor treatment, double the PSA result