



# Urological Associates, P.C.

of the Iowa and Illinois Quad-Cities Region

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## Benign Prostate Hyperplasia (BPH) Workup

You and your provider have decided it is the right time to explore the possibility of surgical intervention to help with your bothersome BPH.

In order to offer you the most appropriate intervention, you may need further diagnostic testing. Testing falls into two categories: evaluation of your prostate and determination of your urinary (bladder) function. Evaluation of your prostate is typically done by completing a Transrectal Ultrasound of the Prostate (TRUSP) and/or Cystoscopy (cysto). Assessment of your urinary function is determined by either a Urodynamic Study (UDS) or UroCuff. If your provider recommends urinary function testing, you will be given additional instruction.

The TRUSP and cysto procedures are done in our Davenport office at the same visit. The entire appointment takes about an hour.

### Cystoscopy:

A cysto is done to visualize your lower urinary tract including the prostate, urethra, bladder neck, and the inside of your bladder. During the cysto, special attention is paid to the prostate. The number of lobes your prostate has influences which surgical option will provide the best outcome. Most men have a two-lobe prostate. However, if your prostate has a third lobe, a UroLift® might not be your best option. If the urologist sees something else of concern, he will discuss these findings as well.

A cystoscopy involves inserting a small scope into the opening of your urethra, typically on the tip of the penis. On the end of the scope is a camera, which allows a visual assessment. The scope is inserted all the way to your bladder. Once in the bladder, we will instill 100-200mLs (3-6 oz) of sterile fluid to better visualize the bladder. Prior to leaving the office, you will be able to empty your bladder.

To increase your comfort during the cysto, we provide a topical anesthetic. Most patients describe the discomfort as mild which typically resolves once the scope is removed. It is possible to have some burning, stinging, and/or mild bleeding afterward. In addition, a very small risk of infection does exist. Drinking plenty of fluids/water after leaving will help prevent infection and worsening of symptoms.

### Transrectal Ultrasound of the Prostate:

A TRUSP uses ultrasound waves to further visualize and measure the size and weight of your prostate. An accurate measurement of your prostate size/volume, will allow us to recommend the most effective treatment option for your enlarged prostate. When compared to other surgical options, a UroLift® isn't as effective in men with larger/heavier prostates.

After your cysto, you will be asked to lay on your left side with your knees pulled into your chest. The urologist will insert a small ultrasound probe into your rectal vault/rectum. He will then take the necessary measurements and pictures of your prostate. This portion of the BPH workup takes less than



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5 minutes. Typically, no biopsies are taken. If you need biopsies, your provider will discuss that with you before your appointment.

After these two procedures, the doctor will discuss his findings with you. If he recommends a surgical treatment option, he will discuss the risks/benefits.

## **Prep/After-care:**

### **Prep:**

Sixty to ninety minutes prior to leaving for your appointment, please administer a Fleet's Enema (adult size – 4.5oz) according to the package directions. These are available over-the-counter at any pharmacy. The goal is to clear out the rectal vault. It is NOT a complete clean out as you would have with a colonoscopy. If you have had a BM in the past 24 hours, you may not have a bowel movement after the Fleet's Enema – let the nurse know the results of the enema when you get to the exam room.

Please eat prior to your appointment. A light snack is fine.

Please take your medications as prescribed. No need to hold any medications for your BPH workup.

Come to the office with a full bladder. We will need to analyze your urine (perform a UA).

### **After:**

Unless instructed otherwise, you will have no activity restrictions when you leave.

Please drink LOTS of water/fluids after leaving the office.

Do not hesitate to call with any questions or concerns.