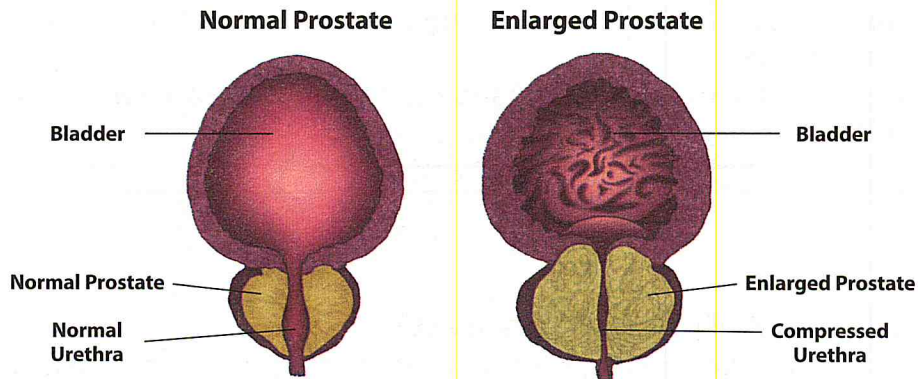


Care Pathway: Enlarged Prostate



Initial Visit

- 1 Baseline Evaluation
- 2 Describe and Discuss All Treatment Options

Alpha Blocker Trial
2-4 Weeks

Watchful Waiting

Follow-up Visit

- 1 Evaluate Symptom Relief and Side Effect Tolerance
- 2 Schedule Cystoscopy if Indicated

Continued Alpha Blockers

**Prostatic Urethral
Lift Procedure**

Other Medications

**Outpatient
Surgery**



Care Pathway: Enlarged Prostate

All therapies including medications, minimally invasive treatments, and surgery all have risks and side effects. This sheet includes a list of common side effects of each therapy. The risks and side effects of each therapy should be discussed in detail with your provider.

Watchful Waiting

- Risk of symptom progression include worsening symptoms and possible reduction in bladder health over time.
- Annual or semi-annual re-evaluations to assess symptoms and treatment goals is recommended

Medications

- Alpha Blocker Pills
 - Symptom relief is typically seen within one week.
 - Side effects may include dizziness, light headedness, headache, runny nose, and decreased ejaculate
 - Men planning cataract or other eye surgery should not take alpha blockers.
 - Should not be taken with common erectile dysfunction pills Viagra and Cialis
- Five Alpha Reductase Inhibitor Pills
 - Symptom improvement is typically seen within 3-6 months
 - Side effects may include: erectile dysfunction, lowered sex drive, and decreased ejaculate.
 - In some cases the side effects may persist even after you stop taking the medication

Minimally Invasive Therapy

- UroLift® System Treatment
 - Symptom relief within 2 weeks
 - May not require a post-operative catheter
 - Preserves sexual function
 - Return to normal activity level in 5-9 days
 - Side effects may include hematuria, dysuria, urgency, pelvic discomfort, typically resolved within 4 weeks
- Prostate Heating (microwave, RF needle ablation)
 - Symptom Relief within 4-6 weeks
 - Injures prostate tissue which is removed over time
 - Post-operative catheter is typically required
 - Side effects may include: urgency, erectile dysfunction, ejaculatory dysfunction, urinary tract infection, urinary retention

Surgery (resection or laser vaporization)

- Maximizes flow and symptom relief
- Removes prostate tissue
- Post-operative catheter is typically required
- Side effect may include: urgency, erectile dysfunction, loss of ejaculation, incontinence, bleeding, and urinary tract infections, urinary retention