



**NORTH OF TYNE AND GATESHEAD GUIDELINES  
FOR MANAGEMENT OF COMMON UROLOGICAL  
CONDITIONS IN ADULTS  $\geq$  18 YEARS IN PRIMARY  
CARE**

**July 2013 (minor update page 11, March 2014)**

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## **INTRODUCTION**

This guidance is intended to inform management of common urological conditions in primary care and has been developed as a consensus between representatives from primary and secondary care with reference to national guidelines, including from NICE as appropriate. The guidelines are intended to guide clinical management, but every patient should be assessed and managed individually.

These guidelines are intended for all clinicians in primary care in the Newcastle, North Tyneside, Northumberland and Gateshead areas involved in managing patients with urological conditions. This is the first iteration of these guidelines and any gaps should be identified for inclusion when the guideline is reviewed.

### **How to use the guidelines**

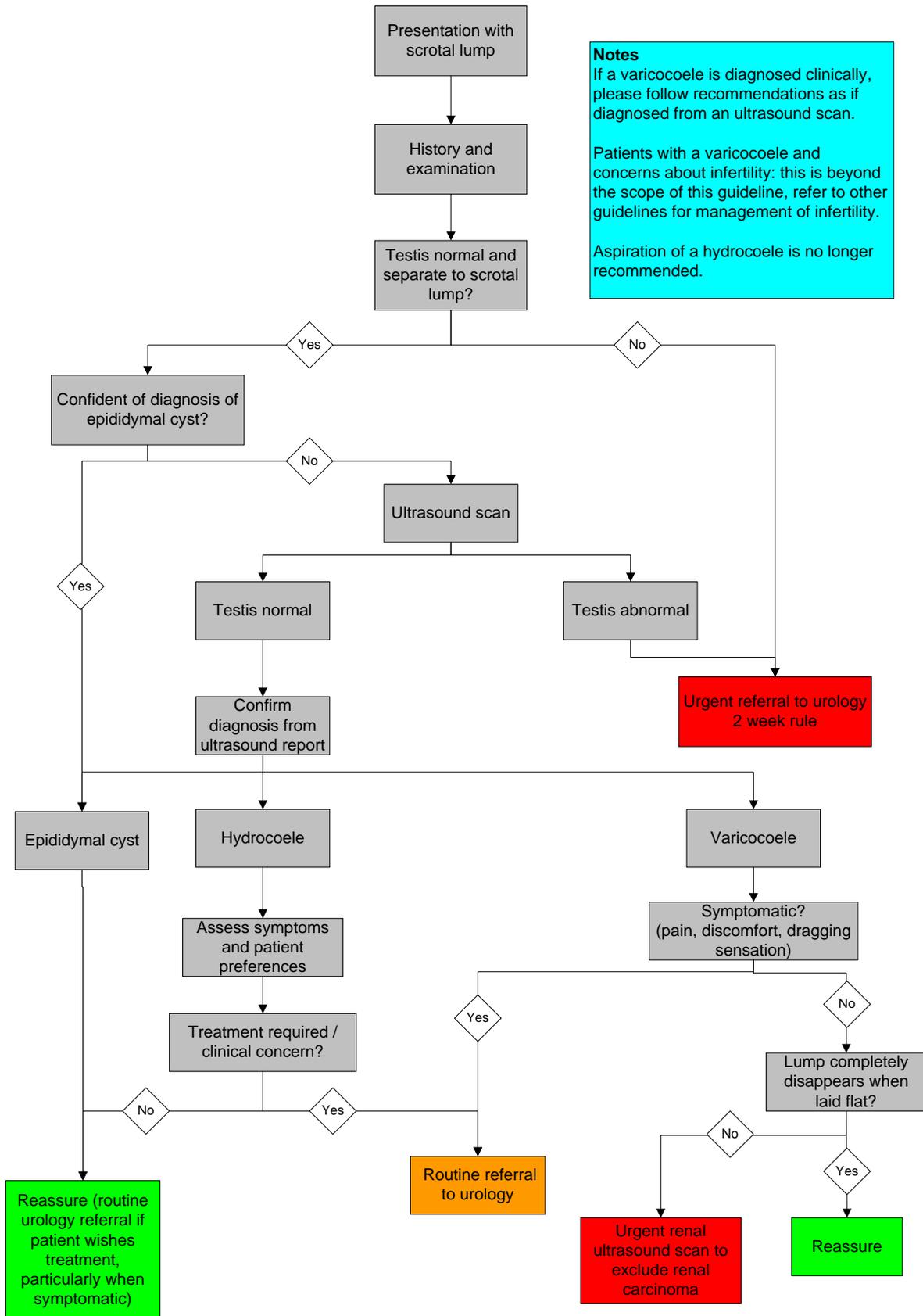
The guidelines are a set of flow charts covering a variety of urological conditions. Each of these can be printed and laminated for easy reference if preferred.

The BNF and the North of Tyne / Gateshead Formulary should be referred to as appropriate.

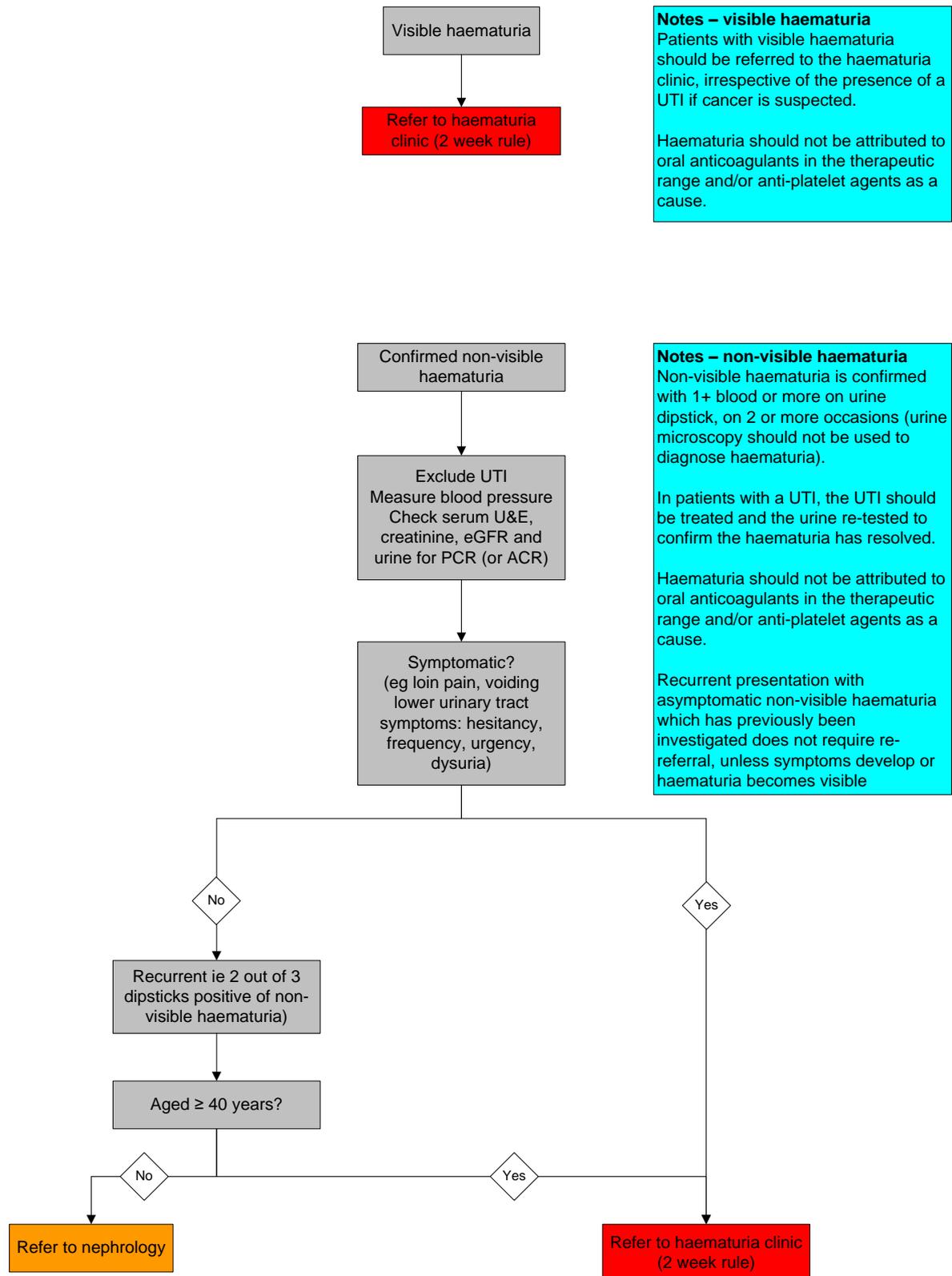
### ***Referrals***

When referral to secondary care urology clinic is recommended in the guideline, referral for patients to be seen at a local outreach clinic may be preferred. It is anticipated that clinicians in localities where such clinics are available will be aware of them, but further information can be obtained from the urology department at the Freeman Hospital.

## Scrotal lumps

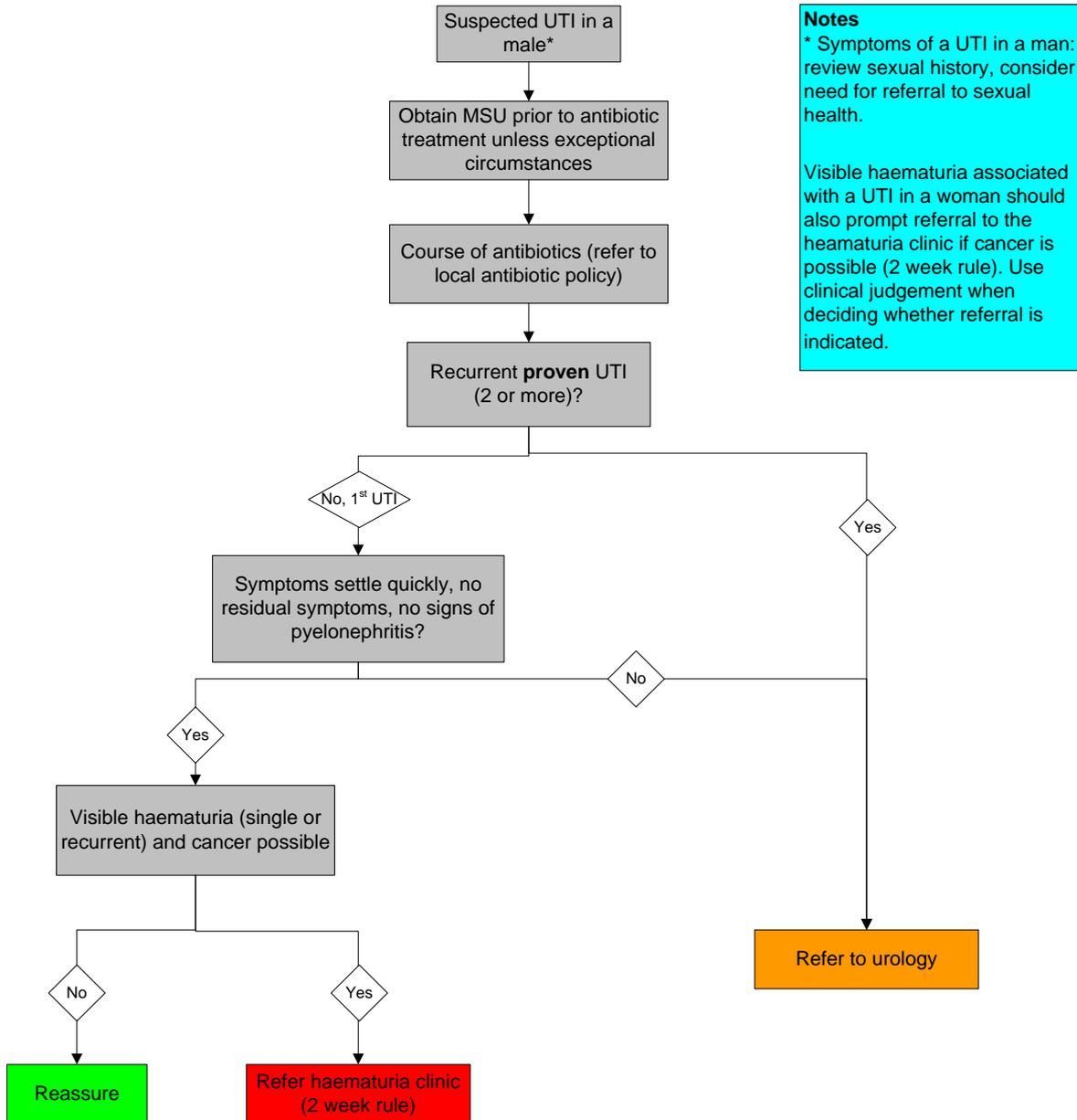


## Haematuria

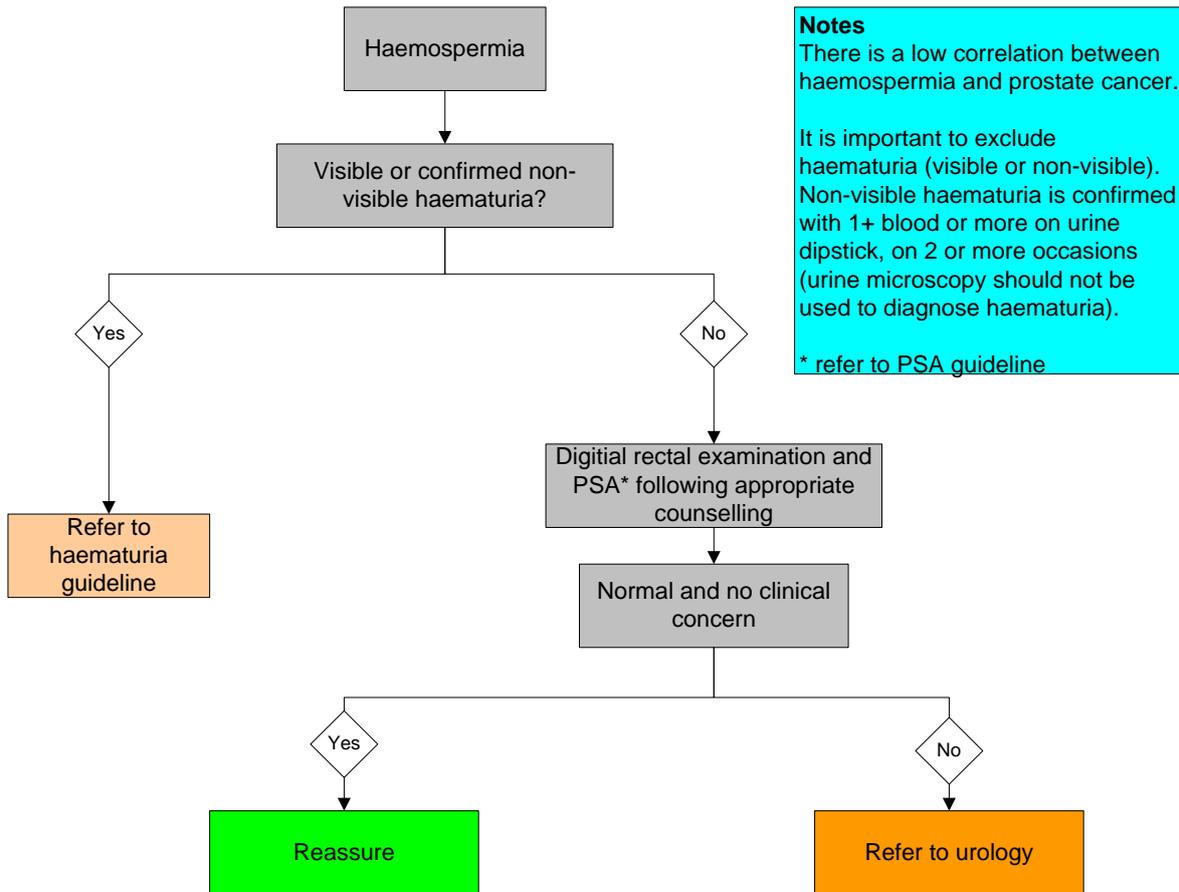


**Note:** The guideline group recognised that the Northern Cancer Network is developing guidelines for haematuria, and the outcome is pending. This pathway will be updated if there is a significant difference in the recommendations eg with respect to age cut offs for referral to urology or nephrology.

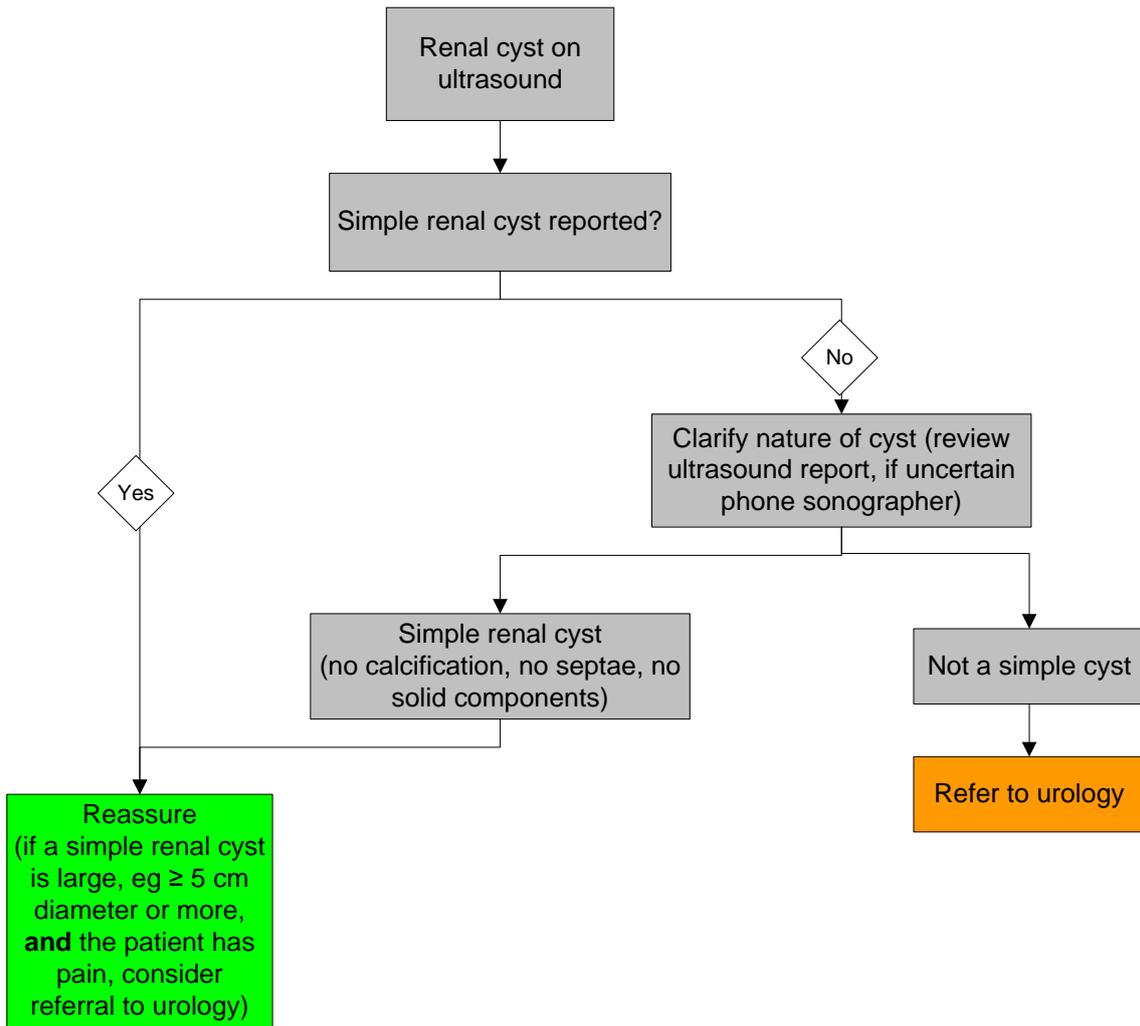
## Urinary tract infection



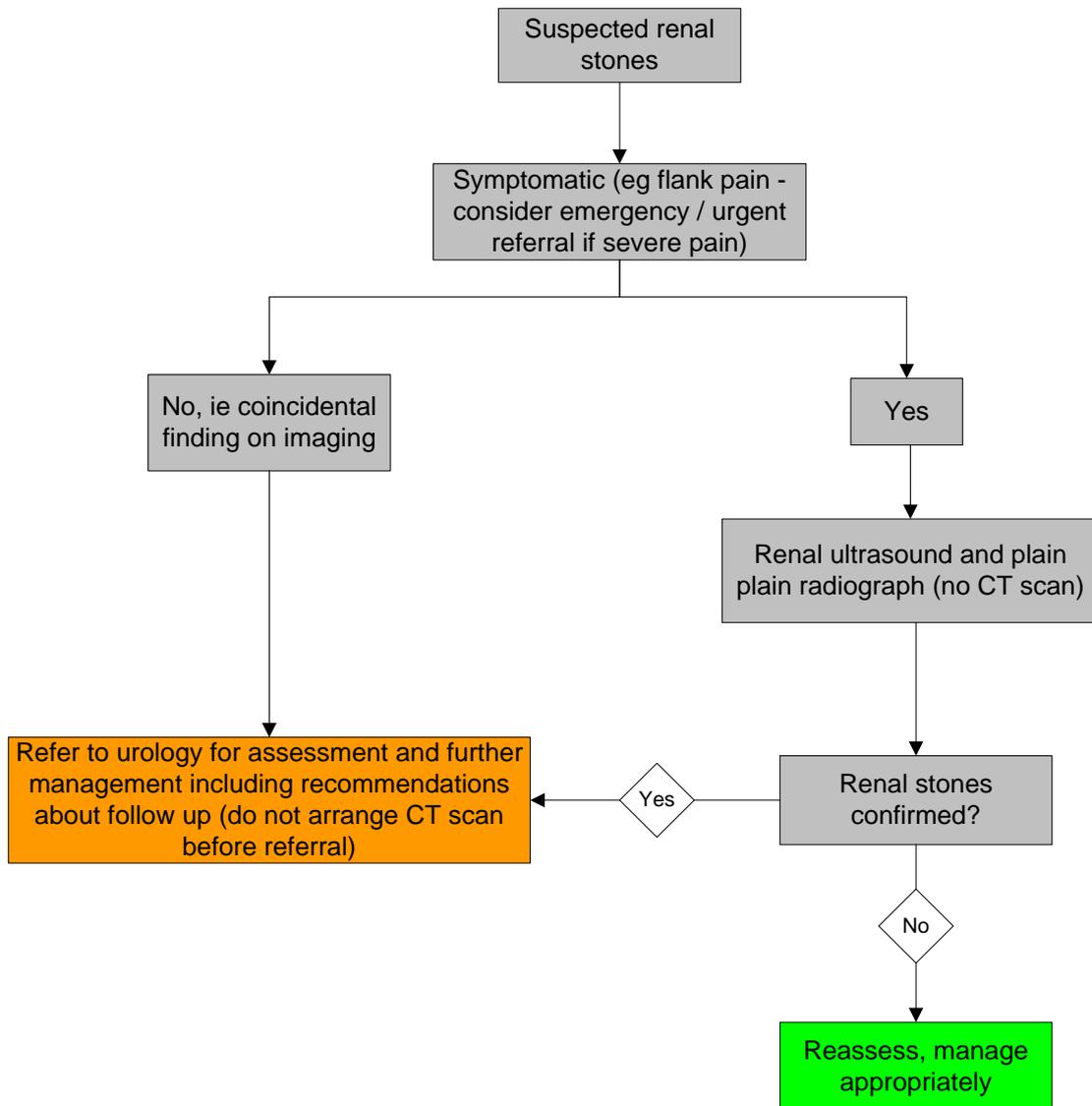
## Haemospermia



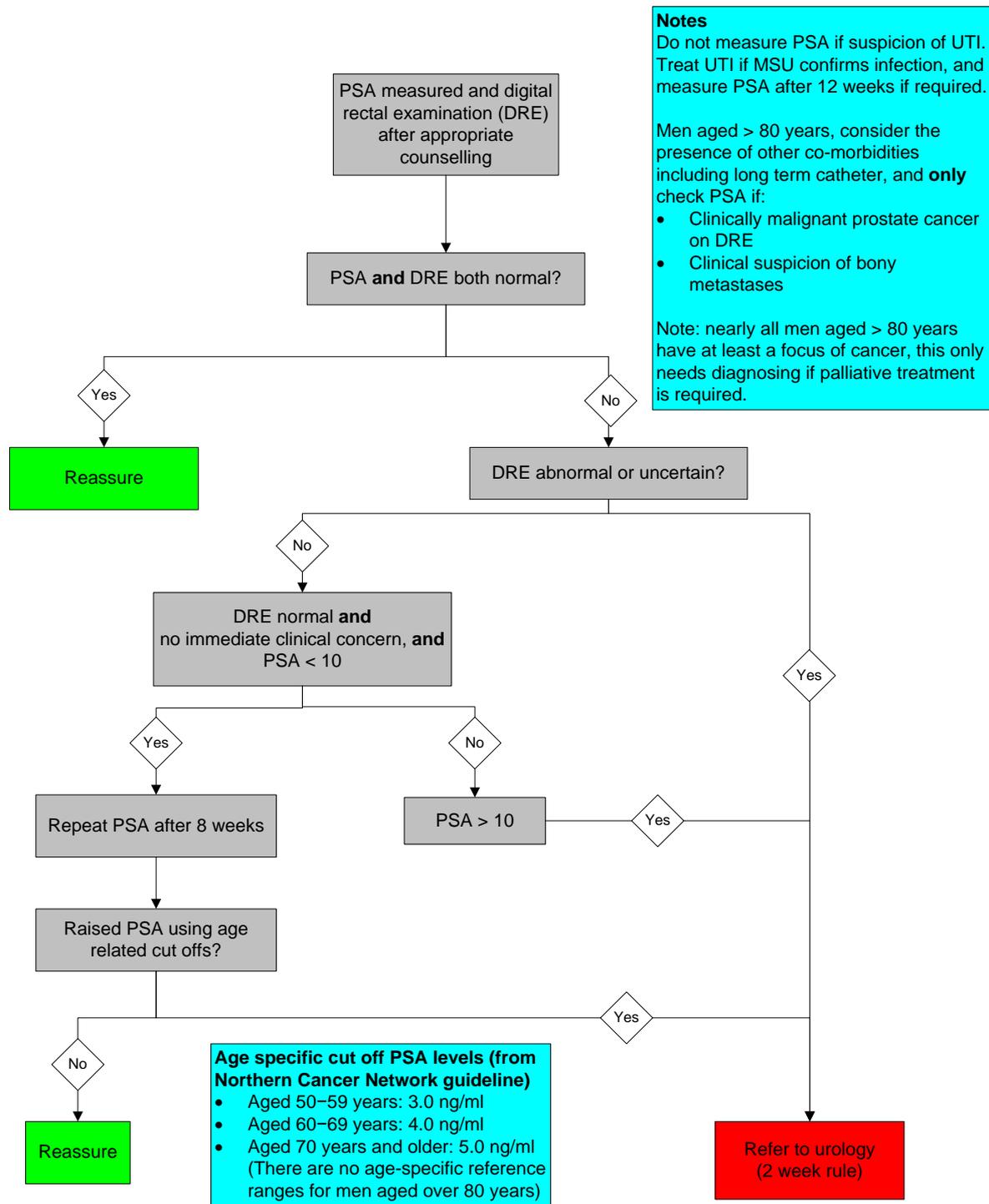
## Renal cyst on ultrasound



## Suspected renal stones

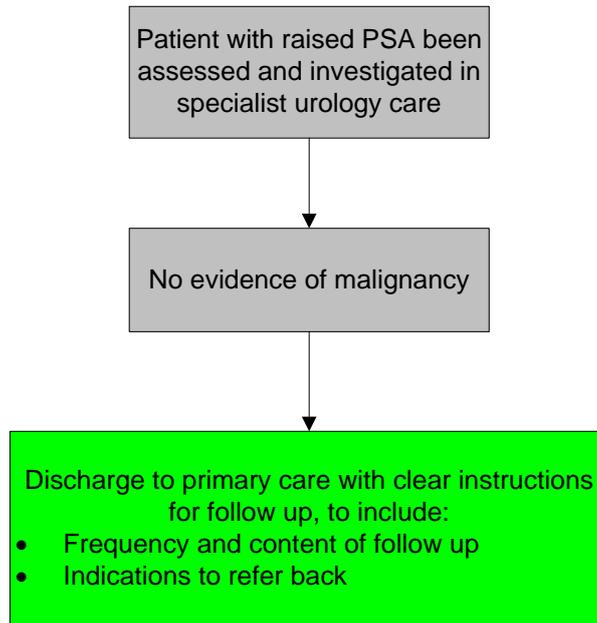


## Management of PSA

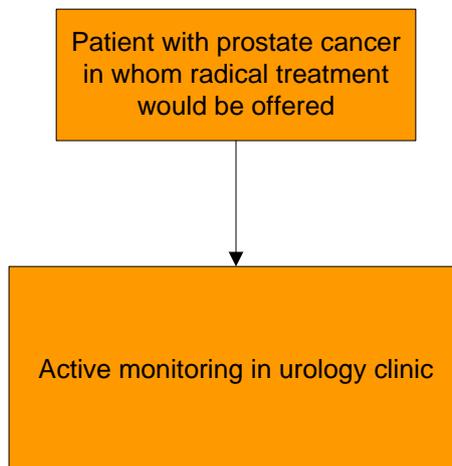


## Follow up of patients

### Raised PSA without cancer

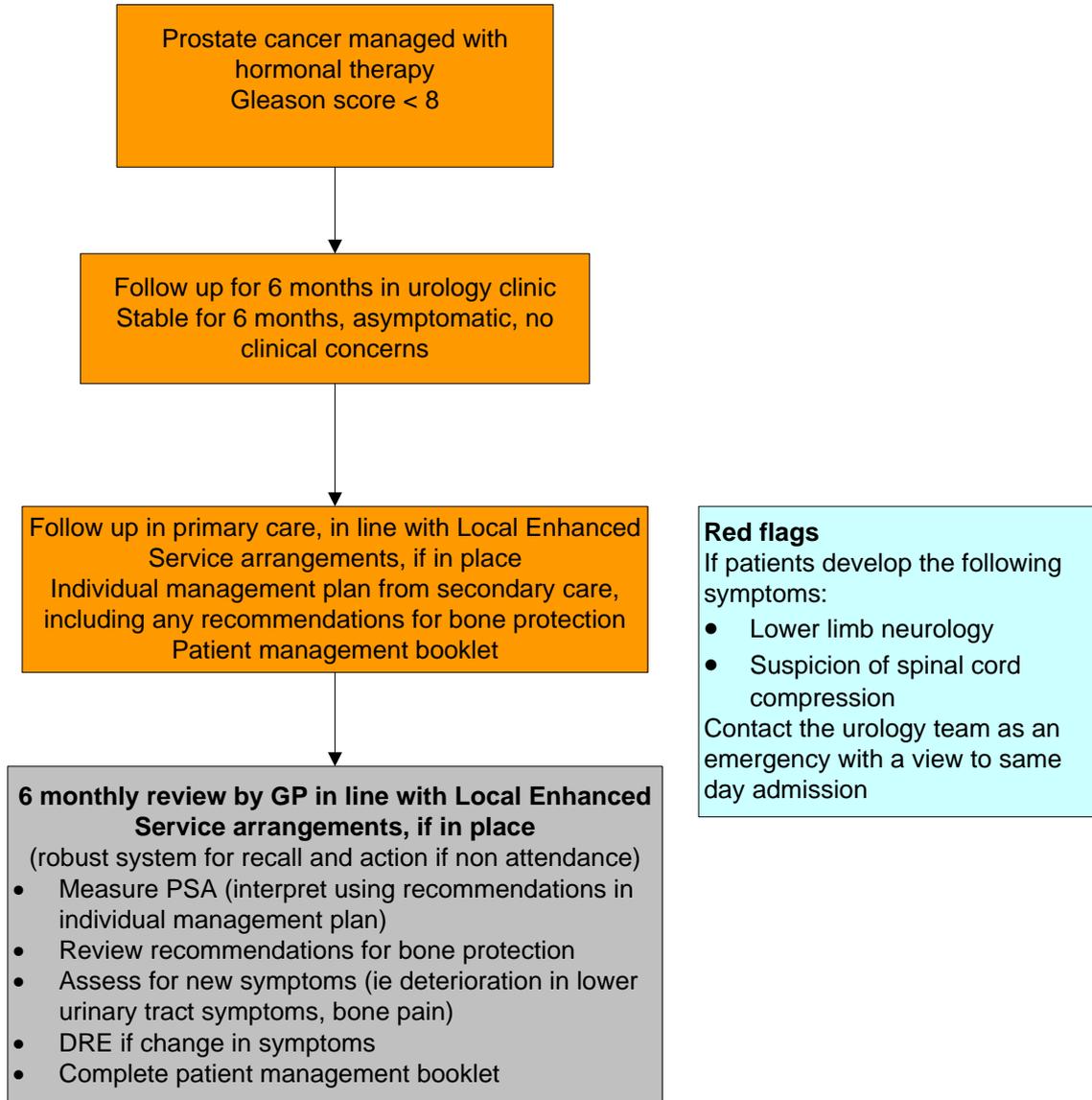


### Prostate cancer not currently on treatment, in whom radical treatment would be offered<sup>1</sup>



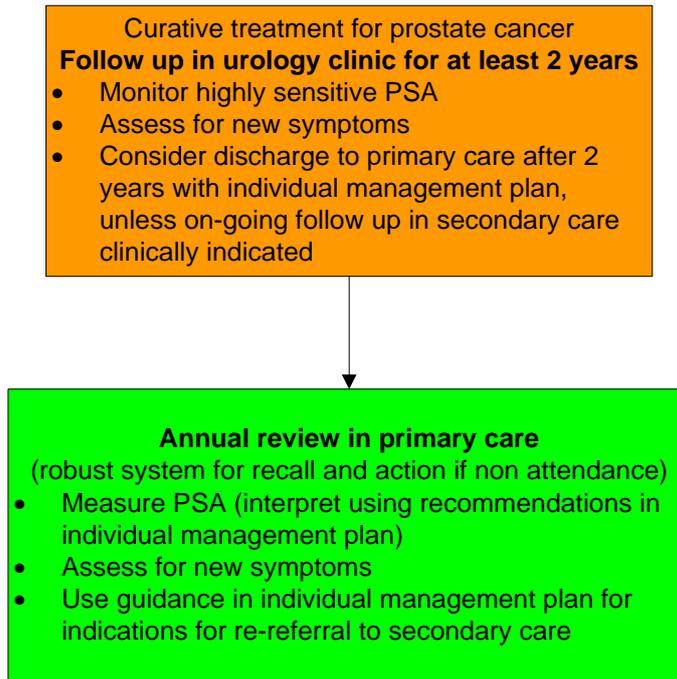
<sup>1</sup> Updated text March 2014. Recommendations in NICE CG175 Prostate Cancer will be implemented as appropriate by urologists

## Prostate cancer managed with hormonal therapy

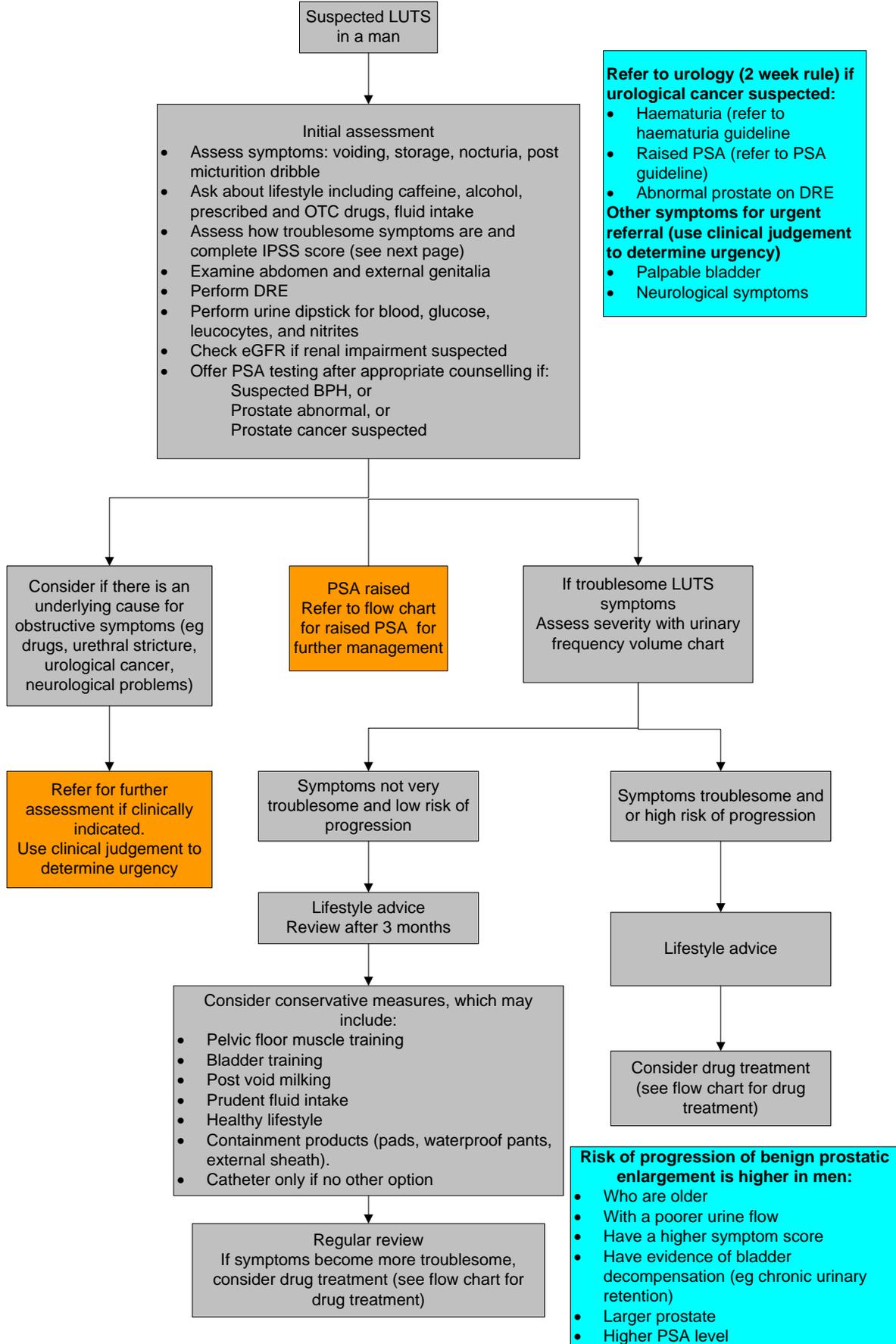


**Patients should only be discharged for follow up in primary care when an appropriate LES, or similar arrangements, are in place.**

## Curative treatment for prostate cancer



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



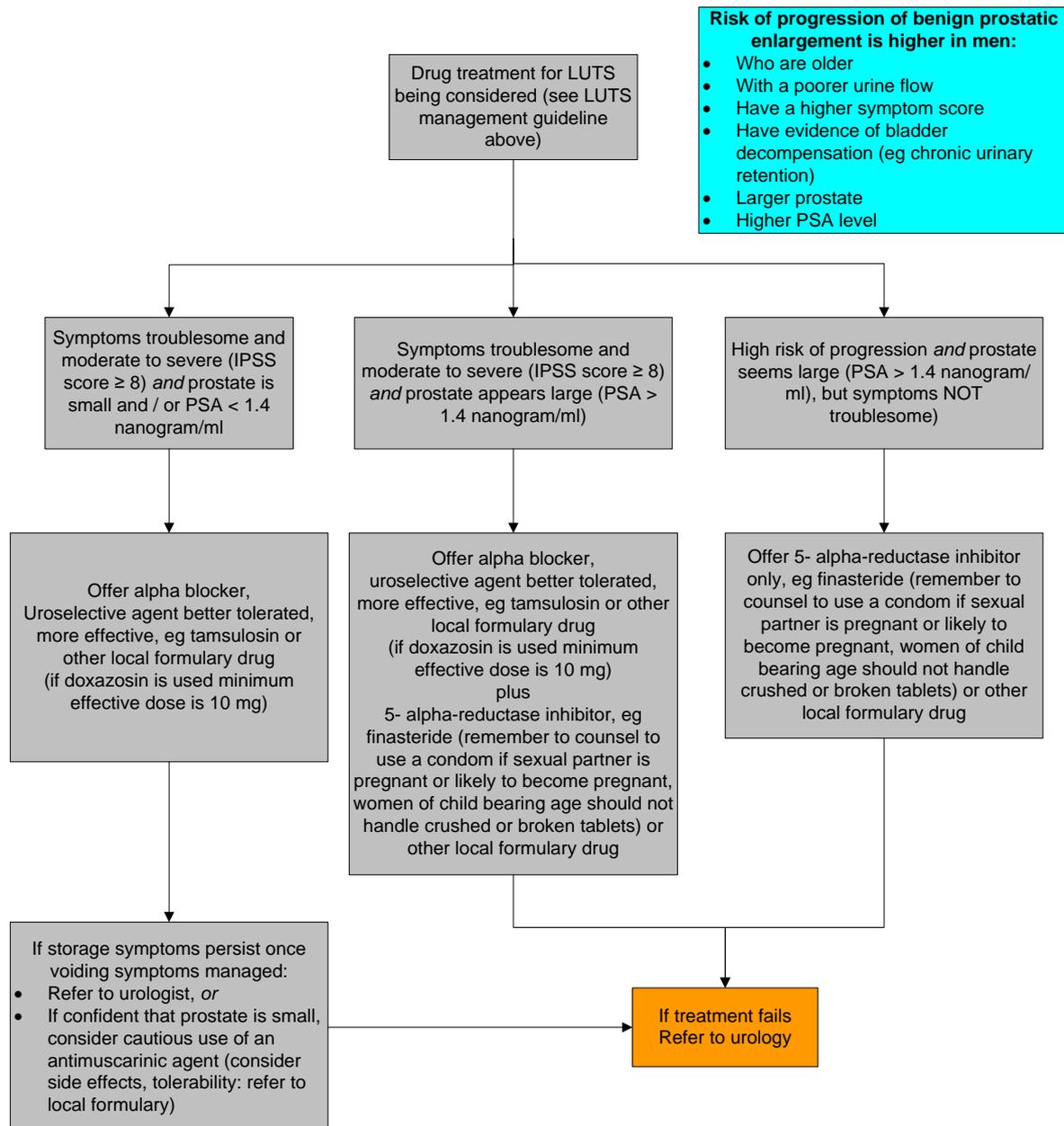
## International Prostate Symptom Score (IPSS)

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
<b>Incomplete Emptying</b> 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	
<b>Frequency</b> 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	
<b>Intermittency</b> 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	
<b>Urgency</b> Over the last month, how difficult have you found it to postpone urination?	0	1	2	3	4	5	
<b>Weak stream</b> Over the past month, how often have you had a weak urinary stream?	0	1	2	3	4	5	
<b>Straining</b> 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
<b>Nocturia</b> 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	
<b>Total IPSS Score</b>							
<b>Bothersomeness</b> 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

## **APPENDIX**

### **Membership of the guideline development group**

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### **Declared conflicts of interest**

Toby Page has received honoraria from GSK, Pfizer, Astellas and Ferring, and educational support from Ethicon, Ferring and Astra-Zeneca.

### **Date of guideline and review date**

July 2013, review July 2016