

Your Journey with Lower Urinary Tract Symptoms (LUTS) for those with Male Urinary Organs



For more information scan this QR code or go to myhealth.alberta.ca/male-luts-pathway

Lower urinary tract symptoms (LUTS) are problems that affect how you urinate (pee). These might include leaking urine, a sudden and frequent urge to urinate, a weak urine stream, or the feeling that your bladder is not completely empty after you finish. You play the most important role in your healthcare. This guide is created for people with male urinary organs. It will help you understand what to expect as you work with your healthcare team to manage and treat LUTS. If you have any questions, don't hesitate to ask your healthcare team.

Before your appointment

- Write down how you feel, your symptoms, and any questions or concerns.
- LUTS can include dribbling urine after you urinate, having to urinate a lot at night, having a strong and frequent need to urinate, feeling like you cannot empty your bladder, or having a weak or slow stream of urine.



Visit your healthcare provider

- Consider bringing a family member or friend to support you.
- Share all of your symptoms and concerns. Your health includes physical, emotional, spiritual, financial, and social elements.
- Your healthcare provider may ask you to fill out a form called the [International Prostate Symptom Score \(IPSS\)](#). You may want to fill this out before your appointment. This will help your healthcare team to understand the severity of your symptoms and develop your treatment plan.
- Your healthcare provider may need to look at and feel around your genital region and they may do a digital rectal exam (DRE). This involves inserting their gloved and lubricated finger into your rectum to feel for anything abnormal.



Get your tests

- You may be asked to give a urine sample and complete blood work to understand the health of your kidneys and prostate gland.
- Some patients may need to get a scan of their kidneys and bladder.
- It is important to talk with your healthcare team about what tests are right for you based on your age, symptoms, and treatment plans.



Review your test results

- Find some of your test results on MyHealth Records or MyAHS Connect (myhealth.alberta.ca/myhealthrecords).
- Talk with your healthcare provider so you know what your test results mean and how they will help your team and you decide what to do next.



Review your treatment, management & prevention options

- You may need to adjust what you eat and drink, your activity levels, and your bathroom habits.
- All patients with LUTS can benefit by keeping a [voiding diary](#) and reducing bladder irritants such as caffeine, alcohol, carbonated drinks, and reducing or quitting smoking.
- Your healthcare provider may suggest specific medications based on your symptoms.
- Some patients may benefit from seeing a physiotherapist for pelvic floor exercises, although not all treatments are covered by Alberta Health Care.



Talk with your healthcare provider about a referral

- Not all patients need a referral to see a specialist like a urologist.
- A referral is determined based on the type and severity of your symptoms and what previous strategies and treatments you have already tried.



Start your treatment & watch your symptoms

- If you have blood in your urine or are unable to urinate, make sure to tell your healthcare team immediately.
- Take an active role in your care.



Keep taking care of yourself

- Keep taking care of your overall health.
- Look for other healthy lifestyle resources and supports.



Whole-person health

Important Tips:

Need a family doctor?

ahs.ca/findadoctor

Need a translator or interpreter?

Let your healthcare provider know

Need health advice?

Call Health Link at 811

Need to find programs and resources in your community?

Call 211 or visit ab.211.ca