

Referring a patient with Lower Urinary Tract Symptoms (LUTS)

Other terms include:

- Voiding difficulties
- Poor stream
- Nocturia
- Prostatism

When referring a patient with LUTS to the Austin Urology Outpatients the following tests should be performed and **MUST** be included in the referral or brought in with the patient to the clinic. This will streamline the management and treatment for the patient.

1. A recent dipstick urine analysis and if abnormal a formal Midstream urine culture and sensitivities.
2. The following blood tests as a **minimum**
 - a. Creatinine, Urea and Electrolytes
 - b. PSA (if under 70)
3. A filled International Prostate Symptom Score (IPSS) questionnaire
 - a. This is validated tool used to provide an objective assessment of LUTS
 - b. The IPSS is attached with this document

A renal tract ultrasound including an assessment of pre and post void bladder volume is indicated if:

1. Abnormal renal function is found on blood tests
2. Palpable bladder on examination
3. Overflow incontinence or Nocturnal Incontinence on history

Place patient label here



International Prostate Symptom Score (IPSS)

	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always	Your score
1. Incomplete emptying Over the last month, how often have you had a sensation of not emptying your bladder completely after you have finished urinating?	0	1	2	3	4	5	
2. Frequency Over the past month, how often have you had to urinate again less than 2 hours after you have finished urinating?	0	1	2	3	4	5	
3. 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	
4. Urgency Over the past month, how often have you found it difficult to postpone urination?	0	1	2	3	4	5	
5. Weak stream Over the past month, how often have you had a weak stream?	0	1	2	3	4	5	
6. 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	
7. Nocturia Over the past month, how many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?	0	1	2	3	4	5	
TOTAL IPSS							

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 your life with your urinary condition just the way it is now, how would you feel about that?	0	1	2	3	4	5	6

0-7 mildly symptomatic
8-19 moderately symptomatic
20-35 severely symptomatic