

Appendix [Posted as supplied by authors]

Main components of the self-management programme for men with uncomplicated lower urinary tract symptoms recommended by the UK consensus panel⁵

Education and reassurance

- Discuss the causes of lower urinary tract symptoms, including normal prostate and bladder function
- Discuss the natural history of benign prostatic hyperplasia and lower urinary tract symptoms, including the expected future symptoms
- Reassure that no evidence of a detectable prostate cancer has been found

Fluid management

- Advise a daily fluid intake of 1500-2000ml (minor adjustments made for climate and activity), avoid inadequate or excessive intake on the basis of a frequency / volume chart
- Advise fluid restriction when symptoms are most inconvenient e.g. long journeys or when out in public
- Advise evening fluid restriction for nocturia (no fluid for 2 hours prior to retiring)

Caffeine and alcohol

- Avoid caffeine by substituting with alternatives e.g. de-caffeinated or non-caffeinated drinks
- Avoid alcohol in the evening if nocturia is bothersome
- Substitute large volume alcoholic drinks e.g. pint of beer with small volume alcoholic drinks e.g. a short

Concurrent medication

- Adjust the time medication with an effect on the urinary system is taken to improve lower urinary tract symptoms at times of greatest inconvenience e.g. long journeys and when out in public

- Substitute anti-hypertensive diuretics to suitable alternatives with less urinary effects (via the patient's GP)

Types of toileting and bladder re-training

- Advise men to double-void
- Advise urethral milking for men with post micturition dribble
- Advise bladder retraining. Using distraction techniques (predetermined mind exercise, perineal pressure or pelvic floor exercises) aim to increase the minimum time between voids to 3 hours (daytime) and / or the minimum voided volume to between 200- 400 ml (daytime). The urge to void should be suppressed for 1 min, then 5 mins, then 10 mins etc increasing on a weekly basis. Use frequency / volume charts to monitor progress

Miscellaneous

- Avoid constipation in men with lower urinary tract symptoms