Urine problems in men

This fact sheet helps you to know what’s ‘normal’ and what you can expect to happen if a man gets a problem with their wee.

**Urine** is another word for wee or pee.

It also tells you when you should become concerned and see your doctor.
How common are they?
Many men have problems with having a wee as they get older.

About half of men have some problem up to the age of 40, while most men over age 40 have a problem.

What causes them?
It could be a problem with the prostate gland, or it could be linked to diabetes.

The prostate gland is a gland that wraps around the tube going out of the bladder.

The bladder stores your wee before you go to the toilet.

A gland is a part of the body that produces some of the chemicals that the body needs.
**Diabetes** is a disease which means that you have a problem controlling the amount of sugar the body has.

People with diabetes usually have to inject themselves with insulin everyday to control how their body uses sugar.

**Will I need treatment?**

The treatment for most problems with your wee is aimed at making you feel more comfortable.

If you’re not too uncomfortable, you can often manage by making a few changes to your lifestyle.

**What should happen?**

Most problems with your wee will last the rest of your life. They may stay the same or slowly get worse.

If they are caused by an infection they will probably get better.
What can I do to help myself?

Think about what you drink
Look at what you drink during a typical day.

It can be useful to keep a diary for a few days, making a note of:

- What you drink (for example tea, coffee, and water)
- The amount you drink
- The time of day when you drink

Fluid intake
Aim to drink between 5 mugs or 10 cups a day.

Many people think that they need to drink large amounts of fluid each day for good health, but this is not true and will often make wee problems worse.
Don’t drink a lot of tea, coffee, fizzy drinks or alcohol.
Try cutting down these drinks as they can increase your problems. Even decaffeinated tea or coffee can cause problems.

Try switching to mainly water, fruit juice, squash or herbal teas and see if this helps.

Avoid drinks before bedtime
If you wake up during sleep to have a wee and you find this troubling don’t have a drink before you go to bed.

Particularly avoid tea, coffee and alcohol. This can make a big difference.

Massage
If you leak urine into your underwear after having a wee, this simple technique may help:

Press upwards on the area between the sack containing your testicles and your back passage after having a wee and massage gently upwards and forwards – this can push out the last bit of urine and stop a leak.
Bladder training
If you pass urine too often or have to rush to go to the toilet, try some simple bladder training techniques.

Exercise more
Get some more exercise and losing weight can help with your problems with going to the toilet.

It will also generally improve your health.

Medicines you can buy
Tamsulosin or Flomax can help.

Avoid herbal medicines until you’ve seen your doctor.

Talk to your pharmacist and doctor.
When should I seek medical help?

Contact your local doctor’s (GP) surgery for advice if:

- Things start to get worse quickly

- You have cloudy or smelly urine, or if it stings when you have a wee

- You are worried about your problem and the medicines that you can buy don’t help

- You see blood in your urine

- You leak urine

- You have difficulty with erections – this is common in men with problems with their wee.

- You are worried about prostate cancer, especially if this runs in your family.
Where can I find out more?

**Patient.co.uk**
*Web:* www.patient.co.uk/health/lower-urinary-tract-symptoms-in-men

**Prostate Cancer UK**
*Web:* www.prostatecanceruk.org

To discuss any problems with a specialist nurse call: **0800 074 8383**