

# Prostatitis

## A PATIENT'S GUIDE

Talk to a provider today about diagnosis and treatment for prostatitis. For more information or to find a urologist near you, visit [coloradouro.com](https://coloradouro.com) or call 888-401-7149 to schedule an appointment.

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## DIAGNOSING PROSTATITIS

Diagnosing prostatitis involves ruling out other medical conditions such as prostate cancer or enlarged prostate (benign prostatic hyperplasia). Cases of chronic pelvic pain syndrome are typically diagnosed after other probable causes have been eliminated and when the prostatitis has lasted for three or more months.

### Urinalysis

Your provider will provide will obtain a urine sample that will be examined for evidence of infection or other abnormalities. In some cases a urine culture will be ordered to determine the causative organism and which antibiotic will be affective.

### Bladder Scan/post Void Residual

Using ultrasound technology we are able to assess how much urine is in the bladder or remains in the bladder after you urinate.

### Physical exam

Your provider may perform a physical exam, including a digital rectal exam (DRE) where the prostate is checked for size, tenderness, and the possibility of cancer. You will be asked about any pain or tenderness you feel when a small amount of pressure is applied to your prostate.

### Cystoscopy

A procedure that allows your provider to directly visualize your urethra, prostate, and bladder to assess for abnormalities using a telescope like device.

### Urine flow studies

Known as urodynamics, measures urine flow to help detect the presence of any blockages in the lower urinary tract and may be used to aid in diagnosis.

## TREATING PROSTATITIS

Acute and chronic bacterial prostatitis can be treated effectively with antibiotics. If antibiotics are prescribed, it is important to finish the entire course of treatment, even if symptoms go away. For chronic bacterial prostatitis, you may be prescribed a longer-term course of antibiotics to clear the infection.

For prostatitis with no identifiable cause such as chronic pelvic pain syndrome, your provider may prescribe one or more of the following therapies:

- Alpha blockers, such as tamsulosin (Flomax), may improve urinary symptoms by reducing the degree of obstruction
- Overactive bladder medications
- Muscle relaxants
- Pain relievers/anti-inflammatory medications such as ibuprofen or naproxen
- Physical therapy, including pelvic floor exercises
- Warm baths and relaxation techniques
- Dietary changes including the elimination of caffeinated beverages, spicy and acidic foods
- Natural remedies such as Quercetin or bee pollen
- Frequent ejaculation

