Patient information from BMJ

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Enlarged prostate: questions to ask your doctor

If you've been diagnosed with an enlarged prostate (sometimes called benign prostatic hyperplasia [BPH] or lower urinary tract symptoms [LUTS]) you may want to ask your doctor some questions to find out more about this condition and how to deal with it.

Here are some suggestions:

- How do you know I have an enlarged prostate and not a more serious condition?
- Is there anything I can do to improve my symptoms?
- Do you think I should start treatment or wait and see what happens? (This is called watchful waiting or active monitoring.) Why?
- Will my symptoms get worse if I don't get treatment?
- Is having an enlarged prostate likely to cause me other problems?
- Will I need surgery?
- What are the side effects of surgery?
- Can I take medicines to help my symptoms?
- Are there other treatments I can try? What about herbal treatments?
- What side effects do these treatments have?
- Will I need to have regular check-ups?

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