Dr. Himanshu Sharma
Consultant Urologist, Robotic Uro-oncologist & Kidney Transplant Surgeon

PATIENT GUIDE

Enlarged Prostate (BPH): What You Need to Know

Prostate enlargement is one of the most common conditions in men as they get older, and it is not cancer. For many men, simple daily habits ease the symptoms considerably; for others, medicines or a procedure help. This sheet explains what is happening, what you can do yourself, and the treatment options available.

WHAT IS BPH?

The prostate is a small gland that sits just below the bladder and wraps around the urethra — the tube that carries urine out. With age, the prostate slowly grows. This is called **benign prostatic hyperplasia (BPH)**. As it grows, it can squeeze the urethra and make the bladder work harder, causing the urinary symptoms below. The size of the prostate does not always match how troublesome the symptoms are.

COMMON SYMPTOMS

Trouble passing urine

- Weak or slow stream
- Difficulty or delay in starting
- Stop-start flow
- Straining to pass urine
- Feeling the bladder has not emptied
- Dribbling at the end

Bladder feeling irritable

- Passing urine often in the day
- Waking at night to pass urine
- Sudden, hard-to-hold urge
- Occasional leaking with urgency

These symptoms can also have other causes, so they should always be assessed by a doctor.



YOUR UROLOGIST

Dr. Himanshu Sharma
Consultant Urologist, Robotic Uro-oncologist & Kidney Transplant Surgeon

OPD: Bloomwell Consulting Suites, Kemps Corner, Mumbai · No referral required
Call / WhatsApp: +91 97465 52559
Email: drsharmaconsults@gmail.com
Web: drhimanshusharma.com

Instagram · Facebook · LinkedIn · YouTube

Dr. Himanshu Sharma
Consultant Urologist, Robotic Uro-oncologist & Kidney Transplant Surgeon

SELF-CARE

Six daily habits that help

For mild to moderate symptoms, guidelines recommend these changes as a first step — often alongside medicines. They cost nothing and many men notice a real difference.

1 Time your fluids — Drink normally through the day, but cut down in the 2 hours before bed.	**2 Go easy on caffeine & alcohol** — Both irritate the bladder and make you pass more urine.
3 Empty fully — Try "double voiding" and clear the last drops before leaving the toilet.	**4 Train your bladder** — Gradually stretch the time between toilet visits.
5 Keep bowels regular — Constipation presses on the bladder and worsens symptoms.	**6 Review your medicines** — Some cold and allergy tablets can make passing urine harder.

Fluids — timing, not restriction

- **Don't cut back too much.** Drinking too little makes urine concentrated, which irritates the bladder and raises the risk of infection and stones. Drink enough to keep your urine pale.
- **Shift fluids earlier in the day** and reduce them in the 2 hours before bedtime to cut night-time trips.
- Before a long journey, meeting or event, drink a little less beforehand and pass urine before you go.
- If you also form kidney stones, or have heart or kidney disease, follow the fluid target your doctor has given you.

Bladder habits

- **Double voiding:** after passing urine, wait 30–60 seconds, relax, then try again. This helps the bladder empty more fully.
- **Clearing the last drops:** to stop dribbling after you finish, gently press with your fingers behind the scrotum and stroke forwards along the underside of the penis before zipping up.
- **Bladder training:** when you feel an urge, try to hold on for a few minutes using slow breathing or squeezing your pelvic floor muscles, then gradually extend the time between visits.
- **Sit down to pass urine** if you find it helps you relax and empty better, especially at night.

Medicines to check

Some everyday medicines can worsen symptoms or even cause sudden inability to pass urine. Tell your doctor or pharmacist that you have an enlarged prostate before taking:

- **Cold and flu remedies** containing decongestants (such as pseudoephedrine or phenylephrine).
- **Some antihistamines** for allergies, and certain sleeping tablets and antidepressants.
- **Water tablets (diuretics)** — ask whether you can take them in the morning rather than later in the day. Never stop a prescribed medicine on your own.

Dr. Himanshu Sharma
Consultant Urologist, Robotic Uro-oncologist & Kidney Transplant Surgeon

AT A GLANCE

Food & lifestyle for prostate health

No single food shrinks the prostate, but a healthy weight, an active life and a balanced diet are linked with fewer urinary symptoms — and they are good for your heart too.

ENJOY FREELY	IN MODERATION	LIMIT OR AVOID
• Water through the day — less at night • Plenty of vegetables and fresh fruit • Whole grains, dal and pulses • Fibre-rich foods to prevent constipation • Tomatoes, greens and colourful vegetables • Healthy fats: nuts, seeds, fish in sensible amounts	• Tea and coffee — ideally before mid-afternoon • Spicy food, if it irritates your bladder • Citrus juices, if you notice urgency afterwards • Red meat • Salt, for your blood pressure	• Alcohol, especially in the evening • Colas, energy drinks and fizzy drinks • Large drinks in the 2 hours before bed • Fried, fatty and processed foods • Artificial sweeteners, if they bother your bladder • Smoking — please stop

Beyond the plate: lifestyle

Stay active
Aim for at least 150 minutes of moderate activity a week, such as brisk walking. Long periods of sitting can worsen symptoms.

Healthy weight
Extra weight around the waist, diabetes and high blood pressure are all linked with worse urinary symptoms. Keeping them under control helps.

Pelvic floor exercises
Regular squeezing exercises can improve control and reduce dribbling. Ask us to show you how.

Keep a bladder diary
Note what you drink and when you pass urine for 3 days. It often reveals easy changes and helps your doctor plan treatment.

Tests you may have

Not everyone needs every test — your doctor will choose what is relevant for you.

Symptom score A short questionnaire that measures how much your symptoms bother you.	**Urine test** Checks for infection, blood or sugar.
Ultrasound Measures prostate size and how much urine is left behind after you go.	**Flow test (uroflowmetry)** You pass urine into a machine that measures the strength of your stream.
PSA blood test Helps assess prostate health. Discuss what the result means with your doctor.	**Kidney function test** Checks that the kidneys are not affected.

Dr. Himanshu Sharma
Consultant Urologist, Robotic Uro-oncologist & Kidney Transplant Surgeon

TREATMENT

Your treatment options

Treatment depends on how much your symptoms bother you, the size and shape of your prostate, your general health and what matters most to you — for example, avoiding long-term tablets or preserving ejaculation. There is rarely one "right" answer, and the choice is made together.

OPTION	HOW IT WORKS	GOOD TO KNOW
Watchful waiting	Lifestyle changes and regular review, without tablets.	Suits mild symptoms that are not very bothersome.
Alpha-blockers	Relax the muscle in the prostate and bladder neck to improve flow.	Work within days. May cause dizziness or reduced ejaculation. Tell your eye surgeon before cataract surgery.
5-alpha reductase inhibitors	Slowly shrink a larger prostate over 6–12 months.	Can lower sex drive. **Roughly halve the PSA level** — always mention them when PSA is tested.
Other tablets	Combination tablets, bladder-calming medicines, or tadalafil.	Chosen according to your symptoms and other health conditions.
TURP	Removes the obstructing prostate tissue through the urethra. The long-established standard operation.	Very effective. Dry ejaculation afterwards is common.
HoLEP / ThuLEP (laser)	A laser removes the enlarged inner prostate tissue in one piece.	Suitable even for very large prostates, with long-lasting results.
UroLift	Small implants hold the prostate lobes apart to open the channel. No tissue is removed.	Quick recovery and preserves ejaculation. Suits selected prostate sizes and shapes.
Rezum	Water vapour (steam) treats the excess tissue, which shrinks over the following weeks.	Day procedure that aims to preserve ejaculation. A catheter is needed for a few days.
Aquablation	A robot-guided water jet removes prostate tissue precisely.	Designed to lower the risk of ejaculatory and erectile side effects. Suits a wide range of sizes.

Medicines & monitoring Procedures

WHY NOT JUST WAIT?

Mild symptoms can safely be watched. But a prostate that blocks the bladder for a long time can lead to repeated infections, bladder stones, the bladder losing its strength, sudden inability to pass urine, or kidney damage. Regular review makes sure treatment is offered at the right time.

Dr. Himanshu Sharma
Consultant Urologist, Robotic Uro-oncologist & Kidney Transplant Surgeon

Common myths, corrected

MYTH	FACT
"An enlarged prostate means cancer."	BPH is **not** cancer and does not turn into cancer. The two can exist together, which is why your doctor may check your PSA.
"Drinking very little water will fix my symptoms."	Too little fluid irritates the bladder and risks infection and stones. Change the **timing**, not the total.
"Prostate surgery always ruins your sex life."	Several modern options are designed to preserve ejaculation and erections. Discuss your priorities before choosing.
"Herbal supplements will shrink my prostate."	Well-conducted studies, including of saw palmetto, have not shown clear benefit over placebo.

SEEK URGENT MEDICAL CARE IF YOU

- **Cannot pass urine at all**, especially with a painful, swollen lower tummy — this needs a catheter promptly.
- Have **fever, chills** or burning when passing urine.
- See **blood or clots** in your urine.
- Notice constant leaking, swelling of the legs, or feel unusually drowsy or unwell — signs the kidneys may be affected.

MY PERSONAL PLAN (to be filled in at your consultation)

Prostate size / findings _____

Symptom score _____

Medicines _____

Treatment plan _____

Next review / tests due _____

KEEP LEARNING

More patient guides

Short, reliable videos and posts on prostate health, kidney stones and more.

SCAN TO FOLLOW

Instagram

@dr.himanshusharma.urologist

This leaflet provides general information for patients and families. It does not replace individual medical advice. The right treatment for you depends on your symptoms, test results and overall health — please follow the advice given to you personally, and speak to your doctor before starting, stopping or changing any medicine. Content based on current AUA (American Urological Association) and EAU (European Association of Urology) guidance on the management of male lower urinary tract symptoms and BPH.