

PROSTATITIS

Patient Fact Sheet

Introduction

The prostate is a gland which sits at the base of the bladder in men and functions in reproduction. The prostate produces the semen which transports sperm. Prostatitis is a common problem among men but the diagnosis and treatment can be difficult. Prostatitis is often caused by bacteria similar to those which cause other types of urinary infections. Prostatitis can also be caused by a sexually transmitted disease such as chlamydia and gonorrhea.

The symptoms that you might notice include

- Frequent need to pass urine
- Feeling of need to pass urine right away
- Low back pain
- Burning feeling when passing urine
- Pain in the rectum and scrotal areas
- Lower abdomen pain
- Inability to get or keep an erection
- Fever and chills

Signs that your health care provider may find on examination

- Study of the urine shows white blood cells, red blood cells, and bacteria
- Your health care provider will feel your prostate by inserting his/her gloved index finger into your rectum and gently pressing on the prostate gland. This is called a digital rectal exam
- Some patients may experience pain with this exam while others may feel as if they have to urinate or have a bowel movement. This feeling will stop once the digital rectal exam is completed

- You may experience a discharge from the penis during the prostate exam. Do not worry, this is normal. This expressed prostatic secretion will be examined under the microscope for white blood cells, red blood cells and bacteria
- Fever – if symptoms are acute
- Tenderness to lower abdomen and scrotum

Treatment

- Antibiotics are prescribed for prostatitis. Be sure to take them for the time prescribed, which may be a longer period of time than most antibiotics are prescribed for.
- Medications that relax the prostate may also be given to you to treat the need to pass urine often or in a hurry, which happens sometimes with prostatitis.
- Anti-inflammatories such as Advil and Aleve may be prescribed for pain control
- Sitting in a warm tub of water for 20 minutes twice a day may also help with the discomfort
- See your health care provider if your symptoms continue or reoccur

Prevention

- Selenium, Vitamin E and Zinc are believed to protect the prostate
- Avoid spicy foods, alcohol, citrus juices and tobacco as these products are irritating to the prostate
- Because prostatitis can be sexually transmitted, you should limit the number of sexual partners
- Avoid intercourse until antibiotics are complete
- Use condoms with a spermicidal jelly or foam during intercourse

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