

Relieving lower urinary tract symptoms from prostate enlargement by inserting implants into the prostate

Information for the public

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What has NICE said?

This procedure is safe enough and works well enough for use in the NHS.

Health professionals should tell men about other treatments. They should also tell them that they may need another procedure if their symptoms come back.

This procedure should only be done by surgeons with specific training in inserting implants into the prostate.

More research on this procedure is needed and NICE may look at it again if more evidence is published.

What does this mean for me?

Your health professional should fully explain what is involved in having this procedure and discuss the possible benefits and risks with you. They should also discuss other treatments, and the fact that you might need to have another procedure if your symptoms come back. You should also be told how to find more information about the procedure. All of this should happen before you decide whether you want to have this procedure or not.

Your health professional may ask you if details of your procedure can be collected.

Other comments from NICE

NICE said that, like other treatments, this procedure is unlikely to permanently relieve symptoms. Some men might prefer it to other procedures that have a greater risk of causing problems with erections. Some may also prefer this procedure to having to take medication for a long time.

The condition

The prostate gland surrounds the [urethra](#) where it leaves the bladder. If the prostate enlarges (the medical name is benign prostatic hyperplasia) it can press on the urethra from the outside. This can cause problems with passing urine, called lower urinary tract symptoms or LUTS. These can sometimes be managed by lifestyle changes or medication. If these do not work, surgical procedures including TURP (transurethral resection of the prostate), laser surgery, or completely removing the prostate are sometimes options. These can have side effects including bleeding, infection, incontinence and problems with erections.

NHS Choices (www.nhs.uk) and NICE's [information for the public about lower urinary tract symptoms in men](#) may be a good place to find out more.

NICE has looked at inserting implants into the prostate as another treatment option. Click on to the next page to find out more.

The procedure

The aim of the procedure is to pull back the parts of the prostate that are pressing on the [urethra](#) so that it's no longer blocked. It's designed to cause less damage than surgery or other procedures. It's also claimed that there is a lower risk of [incontinence](#) and problems with erections.

The man is given a local or general anaesthetic. A device is inserted into his urethra. The device has a camera on the end so that the surgeon can see what they are doing. A very thin implant (a prostatic urethral lift implant) is inserted through the prostate and anchored outside it. A tiny bar is put onto the implant still inside the urethra and fixed so that it squeezes the enlarged prostate and widens the urethra. Several implants may be used.

Benefits and risks

When NICE looked at the evidence, it decided that this procedure was safe enough and works well enough to use in the NHS. The 4 studies that NICE looked at involved a total of 391 men.

Generally, they showed significant improvements in:

- the bladder emptying properly
- how often men had to go to the toilet
- the urine stream stopping and starting
- urgency
- the strength and flow of the urine stream
- straining
- how often men had to get up in the night to urinate
- incontinence
- quality of life
- problems with erections.

Some men needed to have another procedure.

The studies showed that the risks of inserting implants into the prostate included:

- urinary tract infection
- swollen testicles
- painful, swollen prostate
- the bladder not emptying properly
- occasional, temporary incontinence
- problems with erections.

These affected small numbers of men.

NICE was also told about some other possible risks: bleeding and needing to use a catheter (a tube) to empty the bladder.

If you want to know more about the studies see the [guidance](#). Ask your health professional to explain anything you don't understand.

Questions to ask your health professional

- What does the procedure involve?
- What are the benefits I might get?
- How good are my chances of getting those benefits? Could having the procedure make me feel worse?
- Are there alternative procedures?
- What are the risks of the procedure?
- Are the risks minor or serious? How likely are they to happen?
- What care will I need after the procedure?
- What happens if something goes wrong?
- What may happen if I don't have the procedure?

Medical terms explained

Incontinence

Leaking urine without meaning to.

Urethra

The tube that carries urine from the bladder through the penis.

About this information

NICE [interventional procedures guidance](#) advises the NHS on the safety of a procedure and how well it works. This information applies to people who use the NHS in England, Wales, Scotland and Northern Ireland.

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Accreditation

