

# A Guide to First-Line Protocol to Common Urinary/Men's Sexual Health Conditions



## ERECTILE DYSFUNCTION

### First-line protocol:

- Check testosterone level
- Trial Sildenafil and/or Tadalafil

### Advanced treatments from Spokane Urology:

- Hormone therapy
- Penile implant
- Vascular surgery

## INCONTINENCE

Symptoms: leakage from stress event (sneeze, cough, exercise) or urge (immediate need to go)

### First-line protocol:

- Pelvic floor physical therapy or Kegel exercises
- Dietary changes to reduce irritants (caffeine, alcohol, spicy)
- Trial Oxybutynin or other OAB med
- Pessary ring

### Advanced treatments from Spokane Urology:

- BOTOX® injection
- Electronic stimulation (InterStim™)
- Transvaginal sling
- Urethral bulking agent (Bulkamid®)

## INTERSTITIAL CYSTITIS

Symptoms: general symptoms like bladder pain, dysuria, pelvic pain

### First-line protocol:

- Pelvic floor physical therapy or Kegel exercises
- Dietary changes to reduce irritants (caffeine, alcohol, spicy)
- OTC anti-inflammatories

### Advanced treatments from Spokane Urology:

- Cystoscopic to evaluate the bladder and ensure there are no causes
- Bladder hydrodistention to diagnose and treat through stretching
- BOTOX® injection

## OVERACTIVE BLADDER

Symptoms: urinary frequency or urgency

### First-line protocol:

- Pelvic floor physical therapy or Kegel exercises
- Dietary changes to reduce irritants (caffeine, alcohol, spicy)
- Ensure good bowel regimen to remove constipation as a trigger
- Trial Oxybutynin or other OAB med

### Advanced treatments from Spokane Urology:

- BOTOX® injection
- Electronic stimulation (InterStim™)
- Transvaginal sling
- Urethral bulking agent (Bulkamid®)
- Percutaneous tibial nerve stimulation (PTNS)

## TESTICULAR PAIN

### First-line protocol:

- Supportive underwear/athletic supporter
- Ice pack
- Trial nonsteroidal anti-inflammatory drugs (NSAID)
- Send for testicular ultrasound prior to referral

### Advanced treatments from Spokane Urology:

- Evaluation for underlying diseases or testicular cancer

## URINARY TRACT INFECTION

Symptoms: recurring; more than 3 in 12 months

### First-line protocol:

- Hygiene discussion
- Increase hydration (minimize caffeine and alcohol)
- Evaluate for bowel control issues of constipation or diarrhea
- Trial of cranberry supplements, d-mannose, and vaginal estrogen
- Short-term course of antibiotics

### Advanced treatments from Spokane Urology:

- Longer-term course of antibiotics
- Evaluation for underlying diseases or medications compromising the immune system

## NEPHROLITHIASIS (KIDNEY STONES)

Symptoms: flank pain; cloudy urine; urinary frequency; history of stones

### First-line protocol:

- Send for imaging to confirm presence of stones prior to referral

### Advanced treatments from Spokane Urology:

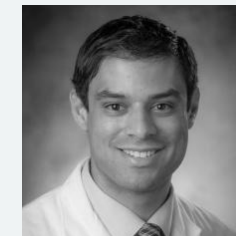
- Lithotripsy
- Cysto, ureteroscopy, laser litho, retrograde pyelogram, stent placement
- Cysto, ureteroscopy, laser litho, stone basketing, stent placement
- Cystolitholapaxy for bladder stone
- Extracorporeal shockwave lithotripsy (ESWL)
- Percutaneous nephrolithotomy (PCNL)

The providers at Spokane Urology are here to help your patients who have persistent conditions that may require advanced therapies after trying first-line protocols.

If you have questions about when to refer a patient or any of the advanced treatments we provide, please contact:

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