



## **PROSTATITIS**

Inflammation of the prostate (the gland surrounding the neck of the bladder and urethra). Prostatitis is not contagious. It is usually caused by a bacterial infection. Risk increases with recent urinary tract infection, smoking, and excessive alcohol consumption.

### **Signs and Symptoms**

- Urgency to urinate.
- Burning with urination.
- Frequency of urination; waking at night to urinate.
- Difficulty starting urination and emptying the bladder completely.
- Fever, chills.
- Pain between the scrotum and anus.
- Joint and muscle aches.
- Blood in the urine (sometimes) or semen.
- Low back pain.
- Pain upon a doctor's rectal exam.

### **Treatment**

- Diagnostic tests such as urinalysis and examination of prostate secretions.
- Antibiotics (up to 6 weeks) to fight infection
- Pain relievers/Anti-inflammatories
- Stool softeners
- Sitz baths (sit in a tub of warm water for 15 minutes 3 times a day)

### **Call our office if:**

- Symptoms worsen or fever over 101.5 F. during treatment
- Symptoms recur after treatment.