

UPSTREAM – Phase II

Summary of the results

Lower urinary tract symptoms are common in older men and can require treatment. The UPSTREAM study (Phase I) investigated whether assessment of these symptoms with invasive urodynamic testing could help guide treatment options and so improve symptoms as measured by the International Prostate Symptom Score (IPSS). Men were randomly assigned to have urodynamic testing or routine NHS care. We followed up all men in Phase I for 18 months, but found that some were still waiting for treatment at the end of the study.

Phase II of UPSTREAM followed up men from Phase I until they were at five-years from entering the study. We aimed to assess their lower urinary tract symptoms and find out how many men had undergone prostate surgery. We asked men to complete a questionnaire including the IPSS and quality of life measures via post, online or telephone. We also used routinely collected NHS data to gather information on prostate operations and use of hospital services.

Of the 820 participants in Phase I, 416 completed a five year questionnaire and NHS routine data were available for 801. At 18-months, symptoms had reduced from baseline with a similar reduction in both groups (men who did and didn't have urodynamic testing). We saw a slight increase in symptoms between 18-months and five-years, with no big difference between the two groups. 43% of men had received surgery for their urinary symptoms by five-years. There were no big differences between the groups in use of hospital services or quality of life.

UPSTREAM Phase II showed that, although urodynamics was no worse than routine care in terms of symptoms at 18-months, at five-years there was no difference between the two groups in the proportion of men receiving surgery or their symptoms, quality of life or use of hospital services.