

# My prostate

## What changes should I look out for?

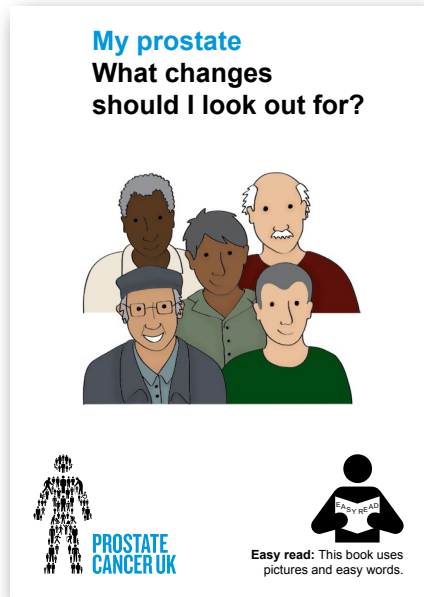


**PROSTATE  
CANCER UK**



**Easy read:** This book uses  
pictures and easy words.

# About this book



This book uses easy words and pictures.

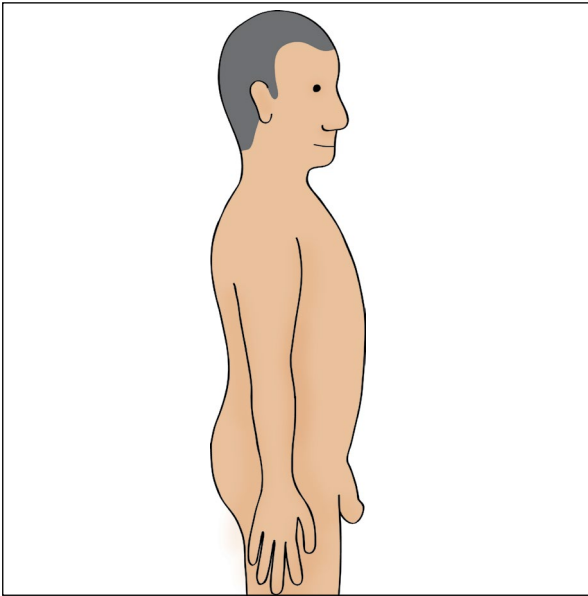
The sections are called:

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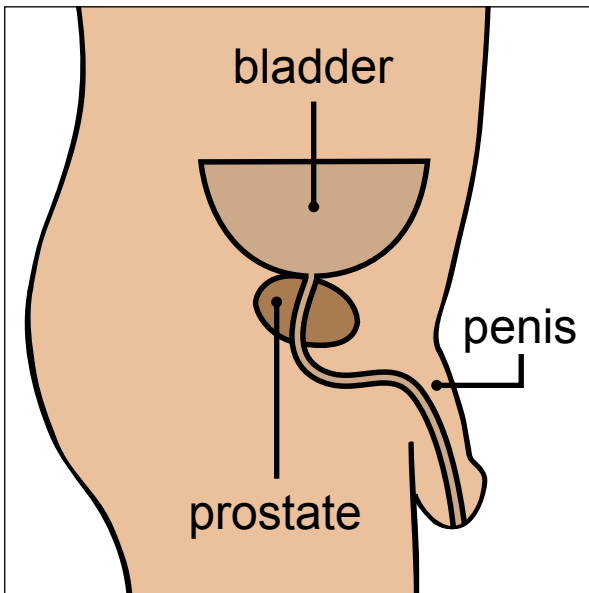
You may like to have someone read this book with you.

# What is the prostate?



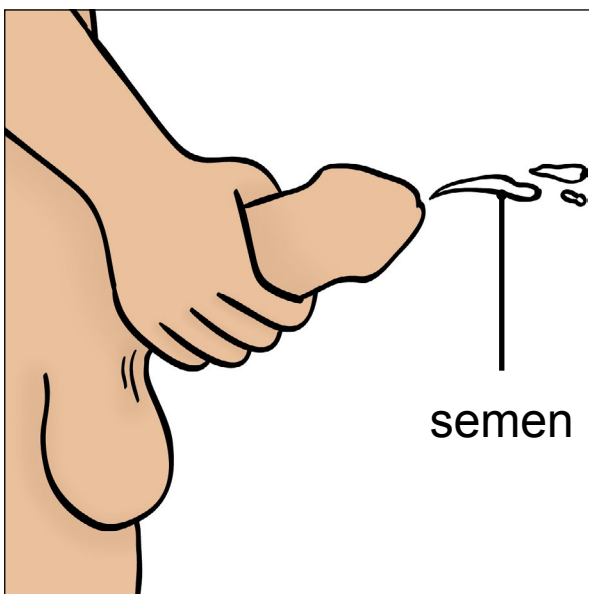
Only men have a prostate.

Your prostate is inside your body.



Your prostate is near your bladder.

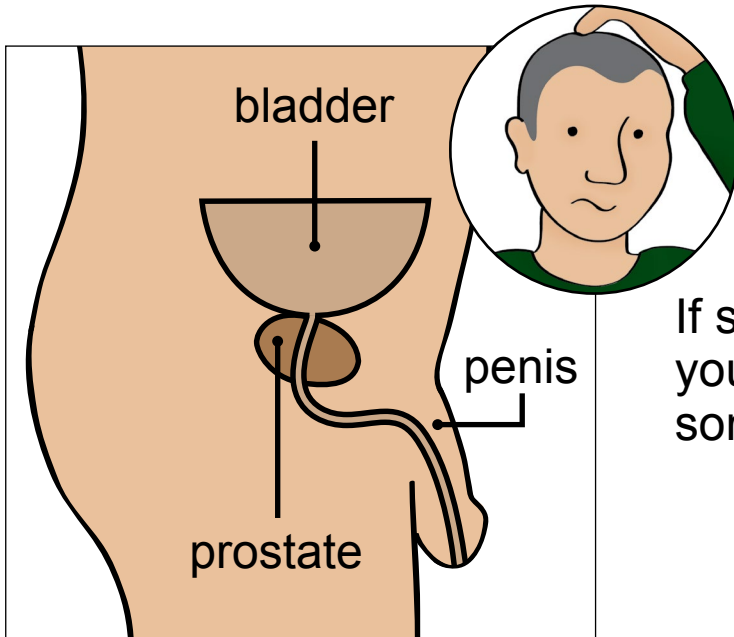
Your bladder stores your wee.



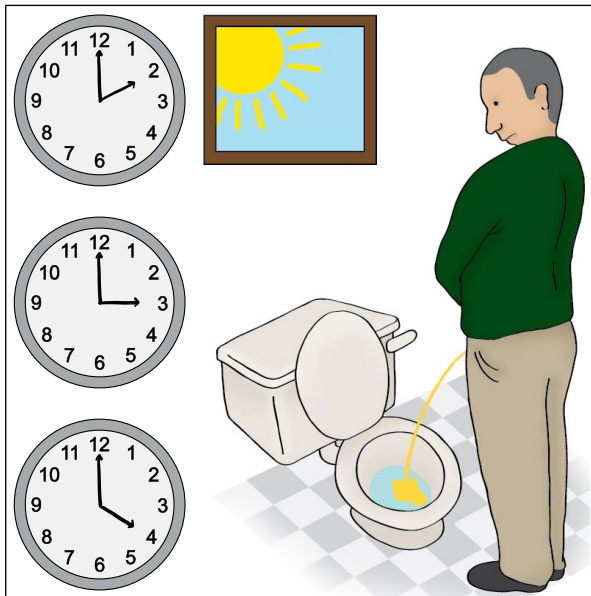
Your prostate helps make semen.

This is the liquid that comes out of your penis if you have sex or masturbate.

# Problems to look out for



If something goes wrong in your prostate, you might get some problems.



You might go for a wee more times than usual in the day.



You might wake to go for a wee more times than usual at night.



Your wee might drip or come out in a dribble.



You might find it hard to wee and have to force the wee out.



You might need to wee suddenly and have to rush to the toilet.



Sometimes you might leak a little wee before you get to a toilet.



Even after going for a wee, you might still feel like you need to wee again.

# Less common problems



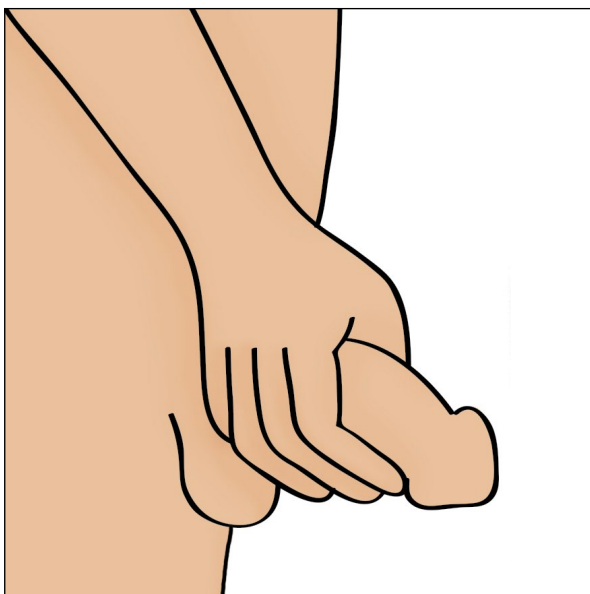
It might hurt when you wee.

It might hurt if you have sex or masturbate.



You might have blood in your wee.

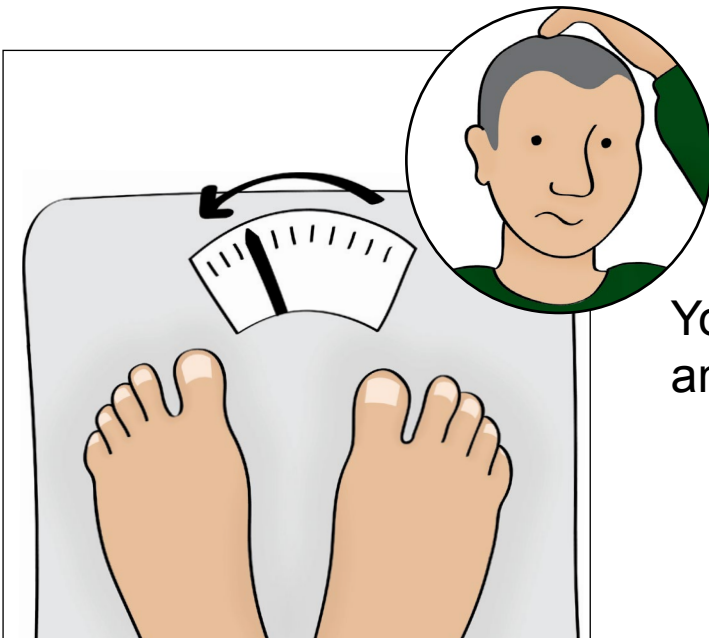
Your wee might be bright red, pink or brown.



Your penis might not get hard if you want to have sex or masturbate.



You might get pain in your back, hip, or lower tummy.



You might lose weight and you do not know why.



**Do you have any of these problems?**

Yes  
✓ No  
✗

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I am going for a wee more times than usual in the day.

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I wake to go for a wee more times than usual at night.

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My wee drips or comes out in a dribble.

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I find it hard to wee and have to force it out.

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I have to rush to the toilet.

---

I leak a little wee.

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After weeing, I still feel like I need to wee.

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It hurts when I wee.

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It hurts if I have sex or masturbate.

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My wee is red, pink or brown.

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My penis does not get hard if I want to have sex.

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My penis does not get hard if I masturbate.

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I have pain in my back, hip or lower tummy.

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I have lost weight and I do not know why.

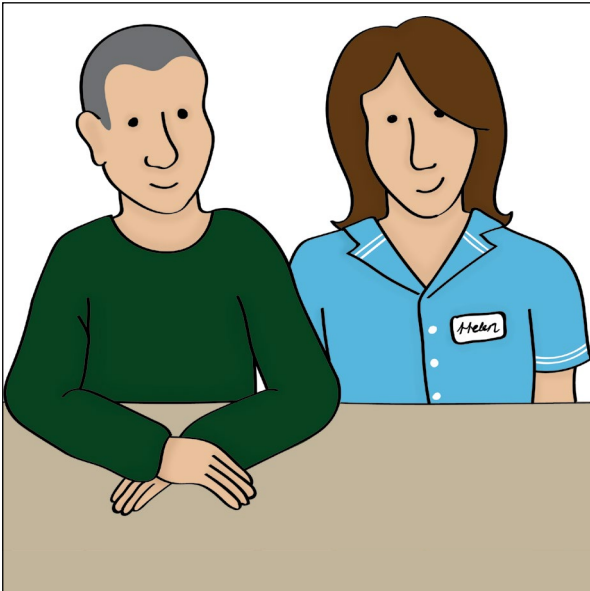
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# Going to the doctor



If you have any of these problems then you need to tell your doctor.

You can show this book to your doctor.



You can take someone with you to the doctor.

You could take a friend, family member or carer.

This could be a woman.

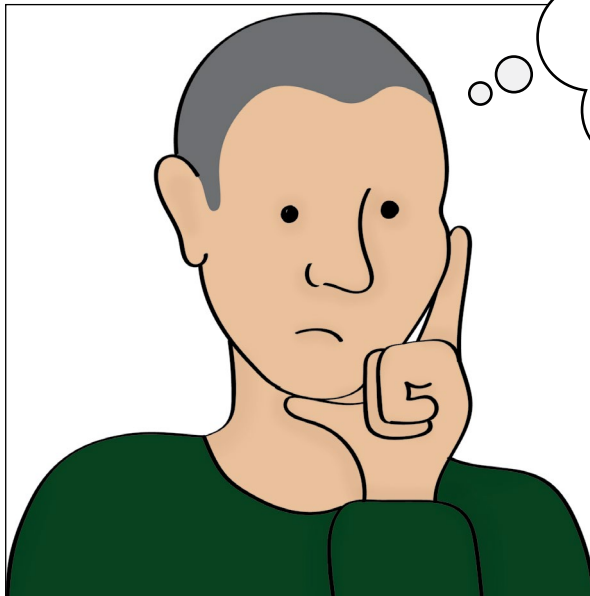


Or you could take a man with you.



Your doctor might ask you to have tests.

This can help them find out what is causing your problems.



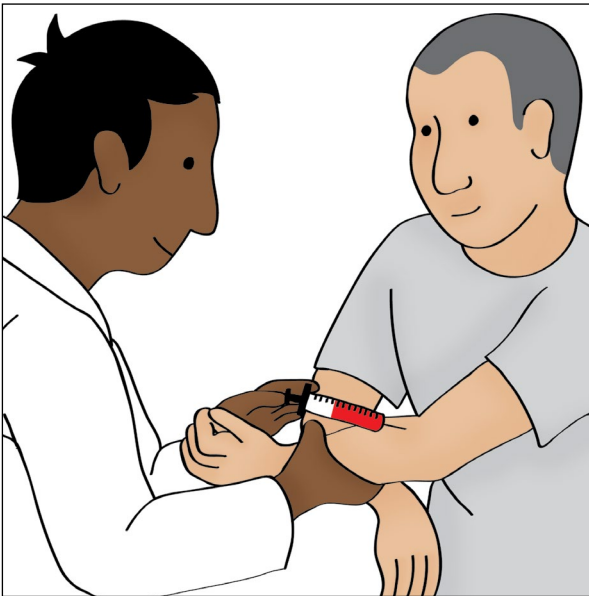
You can decide if you want to have tests.



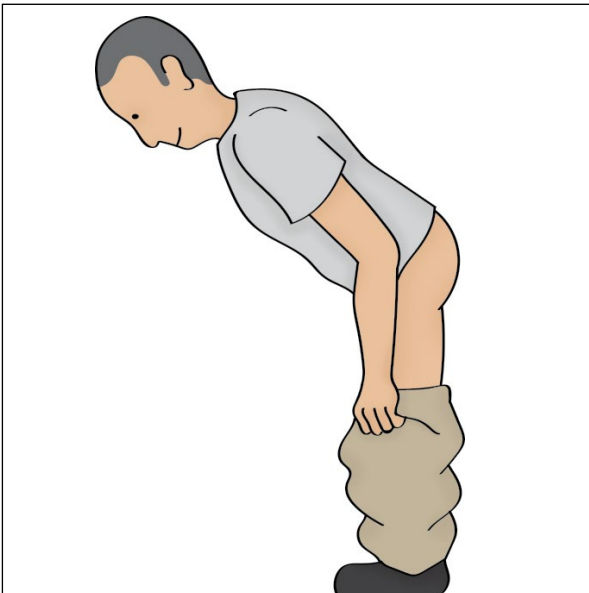
If you are not sure, talk to a friend, family member or carer.



Your doctor may ask you for some of your wee in a bottle.



Your doctor may ask you to have a blood test.

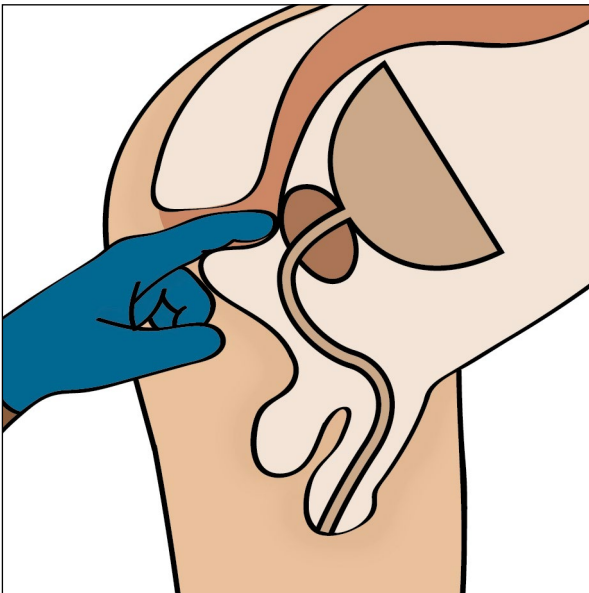


Your doctor may ask to feel your prostate.

You will need to take off your trousers and underwear.



You will need to lie on your side.



Your doctor will feel your prostate by putting a finger up your bottom.

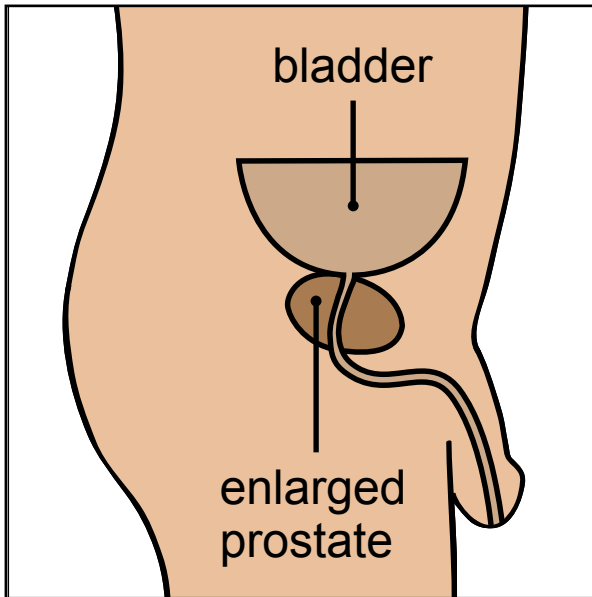
It does not usually hurt.



Someone can stay with you or they can wait outside.

You could have a friend, family member or carer.

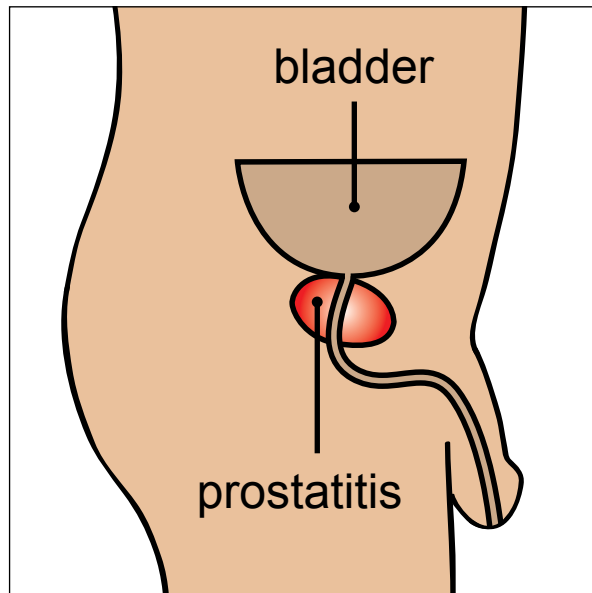
# What might be causing your problems?



## **An enlarged prostate**

As you get older your prostate can grow bigger.

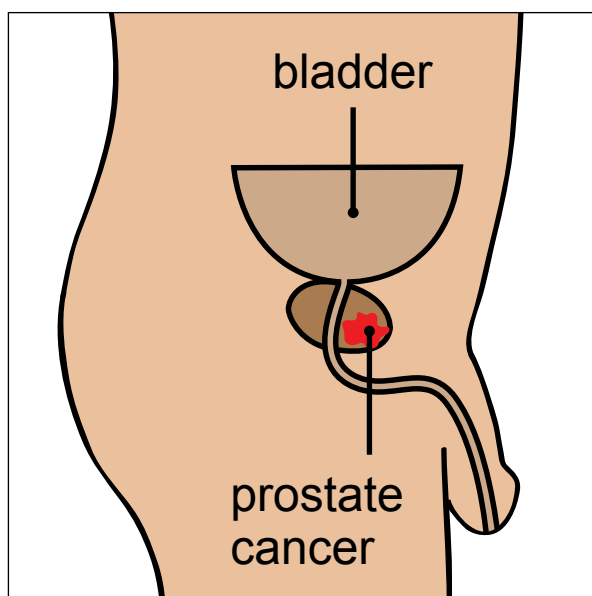
A lot of men aged over 50 get this.



## **Prostatitis**

This is an inflammation or infection in your prostate.

Men of any age can get this.



## **Prostate cancer**

A lump starts to grow in the prostate.

This is more common if you are aged over 50.

# Need more information?



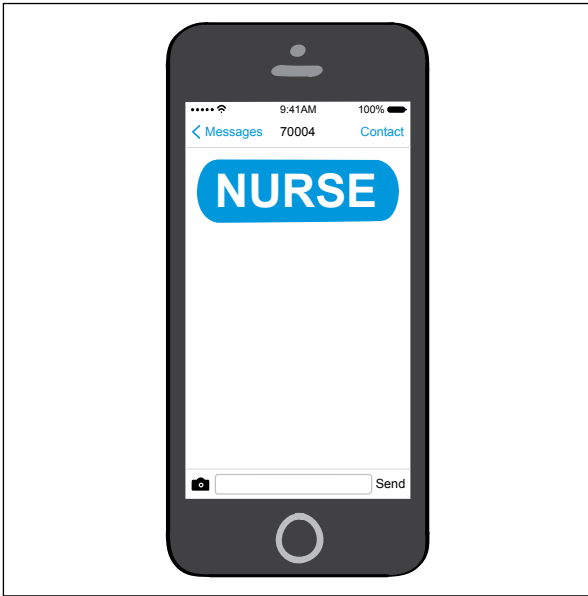
Speak to a nurse from Prostate Cancer UK – call 0800 074 8383.

Call our nurses from  
Monday to Friday 9am - 6pm,  
Wednesday 10am - 8pm

Calls are recorded to help train our staff.

It is free to call.

Our nurses won't tell anyone about what you've talked about, unless they are very worried about your safety or the safety of someone else.



TEXT the word NURSE to 70004 and a nurse from Prostate Cancer UK will call you back.

Prostate Cancer UK will not ask you to pay for this text. But your phone company may ask you to pay.



Visit our website at [www.prostatecanceruk.org](http://www.prostatecanceruk.org)



# About us

Prostate Cancer UK works to help more men survive prostate cancer and enjoy a better life.

**This booklet was created by:**  
our Health Information team



**These experts who work with people with a learning disability helped us to create this booklet:**

- Andrew Hogg, Assistant Practitioner, Community Learning Disability Team, Wigan
- Kath Ingram, Health Improvement Project lead for the Plymouth Community Learning Disabilities Team and the Learning Disabilities advocacy group who work in PLUS
- Anne-Marie Knight and the men with learning disabilities who volunteer with CHANGE as the Words to Pictures Quality Checkers
- 'Friends and More' group, Bexley Learning Disability Team, Oxleas NHS Foundation Trust
- Alix Lewer, Lead Speech and Language Therapist, Include.org
- Learning disability advisory group, Cornwall Partnership NHS Foundation Trust
- The Treat Me Right! Trainers at Certitude Support, London.

**Tell us what you think**

Email us at: [literature@prostatecanceruk.org](mailto:literature@prostatecanceruk.org)



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 Follow us on Twitter: @ProstateUK

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We will update it again in September 2020.

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and in Scotland (SC039332). Registered company number 02653887.

