Table 5

UPOINT parameters, adapted from Nickel[33]

UPOINT domain	Features	Treatment
Urinary	Bothersome lower urinary tract symptoms	Alpha-blockers Anticholinergics Dietary changes
Psychosocial	Stress, anxiety, depression	Cognitive behavioural therapy, counselling, antidepressants, referral to psychologist
Organ specific	Haematospermia, tender DRE	Alpha-blockers, prostate massage
Infection	Recurrent urinary tract infections	Antibiotics
Neurologic/systemic	Neuropathic pain, coexisting conditions - irritable bowel, fibromyalgia	Antidepressants, gabapentoids
Tenderness	Palpable tender points in pelvis or abdomen, painful spasm	Physiotherapy, muscle relaxants