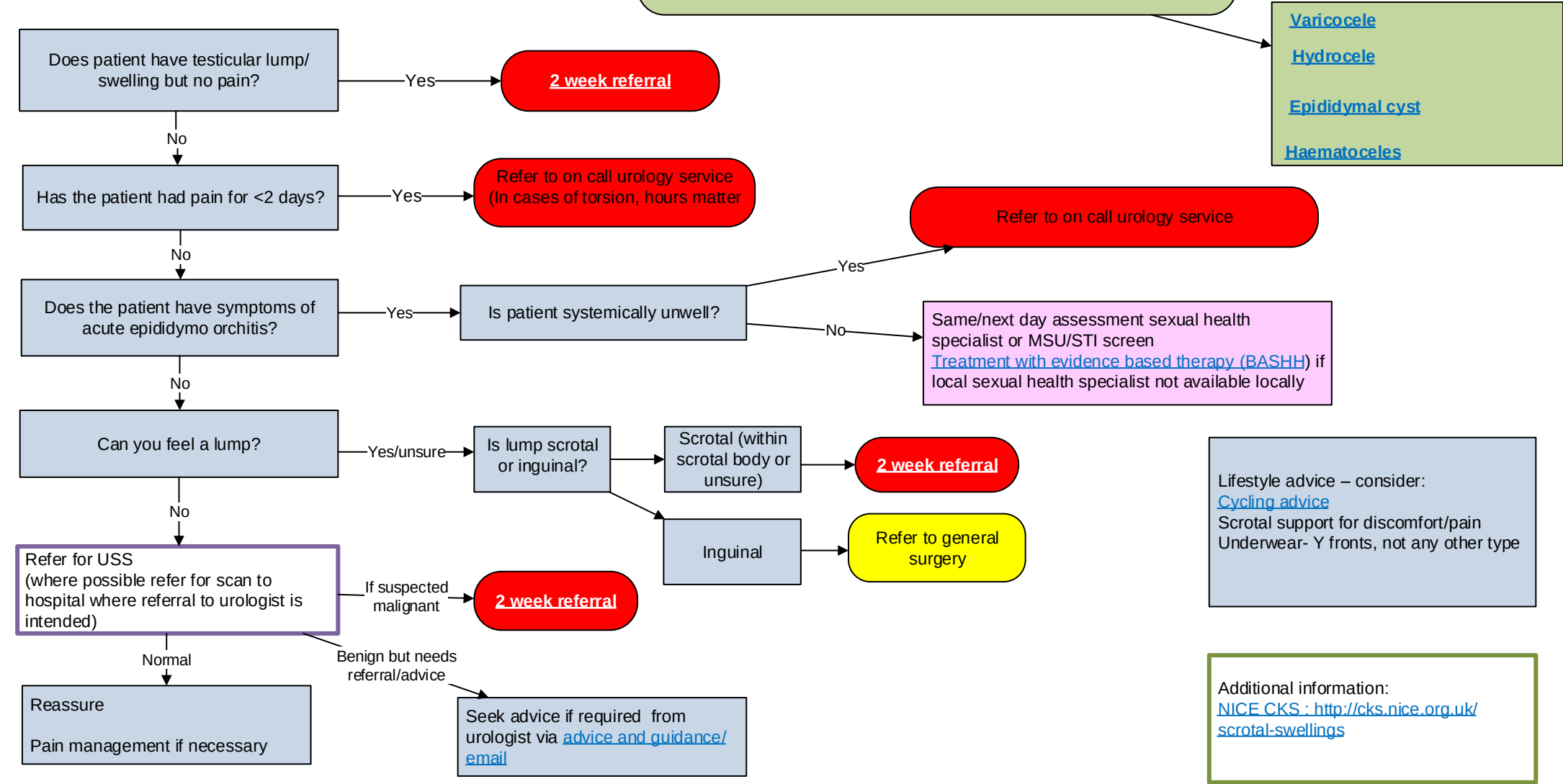


Adult Scrotal Problems pathway

This pathway has been developed from published guidance, in collaboration with local urologists.
This guidance is to assist GPs in decision making and is not intended to replace clinical judgment.



Comments & enquiries relating to medication:
CCCG Medicines Management Team mmt.camdenccg@nhs.net
Refer to current BNF or SPC for full medicines information

Clinical Contact for this pathway for queries: Dr Sarah Morgan
sarah.morgan1@nhs.net

Pathway created by NCL led by Camden CCG
Clinical Cabinet + GB July 2016

Review due – March 2020

Cycling Advice

Nearly every cyclist who has erectile dysfunction as a result of cycling will have experienced prior symptoms of pain, numbness or tingling in the perineum due to pressure on the perineum affecting the underlying blood vessels and nerves.

- If cycling >3hours/week try period of time without cycling
- Ride in the correct position ie changing position frequently during ride and sitting more upright rather than leaning forward over handlebars to reduce pressure on the perineum
- Use a properly fitted seat, level or angled slightly downwards – never tilt saddle upwards.
- Use a seat with a cut out to reduce pressure on the perineum
- Wear padded cycle shorts