

Benign Prostatic Hyperplasia

Adjudication Guideline

Rule Category:
Medical

Ref: No:
2013-MN-0005

Version Control:
Version No.5.0

Effective Date:
01/07/2013

Revision Date:
13/10/2025

Approved by:
Daman

Responsible:
Medical Standards
& Research

**Related Adjudication
Guidelines:**
N/A

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1. Abstract

1.1 For Members

Benign prostatic hyperplasia (BPH) is a common condition typically seen in older men, and its frequency increases with age.

It is associated with an increase in the size of the prostate gland, potentially slowing or blocking the urinary stream.

In some men, it may lead to lower urinary tract symptoms (LUTS) such as the need to urinate frequently especially at night, sudden and uncontrollable need to urinate, dribbling or leaking of urine, a need to strain during urination, a weaker stream of urine and a sensation of incomplete bladder emptying.

1.2 For Medical Professionals

Benign prostatic hyperplasia is a common benign condition in men associated with an increase in the size of the prostate that may or may not lead to lower urinary tract symptoms (LUTS).

LUTS can be categorized into:

- Storage Symptoms: urgency, frequency, nocturia, and incontinence
- Voiding Symptoms: straining to void, dribbling, urinary intermittency, dysuria, and hesitancy.
- Post-voiding symptoms: sensation of incomplete bladder emptying and post-void urinary dribbling.

Symptoms can be graded into mild, moderate or high, based on the International Prostate Symptom Score (IPSS) as follows:

- Mild: score 1-7
- Moderate: score 8-19
- Severe: score 20-35

2. Scope

This guideline highlights coverage details for the management of Benign Prostatic Hyperplasia (BPH) for all the health insurance plans administered by Daman.

3. Adjudication Policy

3.1 Eligibility / Coverage Criteria

Daman covers management of BPH (including both investigations and treatments) for all health insurance plans administered by Daman, as per policy terms and conditions.

Diagnostic modalities/investigations:

Routine tests:

- Severity and bother using the American Urologic Association Symptom Index (included in the E&M)
- Frequency or volume chart (included in the E&M)
- Digital Rectal Examination (included in the E&M)
- Urinalysis
- PSA (Prostate Specific Antigen)

Specialist tests:

In general, optional tests are done during a detailed evaluation and ordered by a urologist such as:

- Flow Rate recording
- Residual urine
- Pressure flow studies
- Prostate imaging by trans abdominal or trans rectal ultrasound
- Upper urinary tract imaging with ultrasonography, computer tomography, intravenous urography
- Cystoscopy

Conservative/Behavioural Management:

Conservative management is considered a part of E&M and coverage of containment products is subject to policy terms and conditions.

Medical Management:

Daman covers pharmacological management of BPH based on medical necessity and in accordance with international best practice and evidence-based medicine.

Surgical Management:

Daman will only cover surgical treatments for BPH if any of the following criteria are met and documented:

- Lower urinary tract symptoms (LUTS) refractory to other therapies (behavioural, medical).
- Experience intolerable adverse effects with medication.
- If any of the following conditions appear:
 - Renal insufficiency
 - Hydronephrosis
 - Gross haematuria
 - Recurrent or persistent urinary tract infections
 - Large bladder diverticula associated with progressive bladder dysfunction
 - Bladder stones
 - Acute urinary retention refractory to treatment

3.2 Requirements for Coverage

The below must be obtained before planning Surgery as treatment of BPH:

- Full medical history and physical examination
- International Prostate Symptom Score (IPSS) score
- Documentation of disease course and all medical therapies
- Documentation of the prostate size and shape via TRUP, MRI, CT

3.3 Non-Coverage

- Daman does not cover any treatment of BPH for the Visitors Plan.
- Coverage of the following treatments for BPH will be subject to policy terms and conditions:
 - Homeopathy/ Alternate medicines/ Phytotherapy
 - Acupuncture
- Experimental/unproven treatments or treatments that are not considered medically necessary are not covered for any health insurance plan administered by Daman.

3.4 Payment and Coding Rules

Please apply regulator payment rules and regulations and relevant coding manuals for ICD, CPT, etc.

4. Denial Codes

Code	Code Description
MNEC-003	Service is not clinically indicated based on good clinical practice
MNEC-004	Service is not clinically indicated based on good clinical practice, without additional supporting diagnoses/activities
AUTH-001	Prior approval is required and was not obtained
AUTH-005	Claim information is inconsistent with pre certified/authorized services
CODE-014	Diagnosis is inconsistent with the patient's gender
NCOV-001	Diagnoses are not covered
NCOV-003	Service(s) is (are) not covered
PRCE-002	Payment is included in the allowance for another service

5. Appendices

5.1 References

<https://bestpractice.bmj.com/topics/en-gb/208?q=Benign%20prostatic%20hyperplasia&c=suggested>
[https://www.auanet.org/guidelines-and-quality/guidelines/benign-prostatic-hyperplasia-\(bph\)-guideline](https://www.auanet.org/guidelines-and-quality/guidelines/benign-prostatic-hyperplasia-(bph)-guideline)
<https://bestpractice.bmj.com/topics/en-us/208>
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/benign-prostatic-hyperplasia-bph>
<https://www.nice.org.uk/guidance/cg97>
<https://pmc.ncbi.nlm.nih.gov/articles/PMC7641986/>
<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/prostate-cancer-screening>
<https://www.mdanderson.org/cancerwise/prostate-specific-antigen--psa--levels-by-age--what-to-know.h00-159695967.html>
<https://www.uptodate.com/contents/surgical-treatment-of-benign-prostatic-hyperplasia-bph>

5.2 Revision History

Date	Change(s)
01/07/2013	V1.1 New template
15/07/2014	V2.0 Disclaimer updated as per system requirements
01/08/2018	V3.0 Content update
29/12/2024	V4.0 General Content review Format Update
13/10/2025	V5.0 General Content review

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