

## **BAB 5**

### **KESIMPULAN DAN SARAN**

#### **5.1 Kesimpulan**

Berdasarkan hasil studi literatur pada 5 artikel ilmiah efektivitas dan efek samping kombinasi terapi tamsulosin dan tolterodin pada pasien BPH, dapat disimpulkan bahwa:

1. Kombinasi terapi tamsulosin (1x 0,2-0,4 mg) po dan tolterodin (1x 2-4 mg) po efektif ditunjukkan dengan penurunan skor IPSS dan peningkatan kualitas hidup.
2. Efek samping yang umum terjadi adalah mulut kering, sakit kepala atau pusing dan retensi urin.

#### **5.2 Saran**

Perlu dilaksanakan kajian literatur dengan memperluas *database* yang digunakan sehingga artikel ilmiah yang digunakan semakin banyak agar dapat melakukan kajian secara lebih luas dan mendalam.

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