

Patient Information - Urology One-Stop Clinic, Lister Hospital

Department of Urology

About us

Urology is a surgical specialty, covering the diagnosis and treatment of disorders of the kidneys, ureters, bladder, prostate and male reproductive organs. We offer services to patients from Hertfordshire as well as further afield for some of our specialist activities.

What is the Urology One-Stop Clinic?

The Urology One-Stop Clinic has been set up to provide an efficient service for patients referred to urology. The aim is to have a consultation with the doctor and important diagnostic tests done at one visit; which means fewer visits to the hospital and a quicker diagnosis.

Who will I see in the clinic?

You will be seen in clinic by a urology consultant or registrar who are supported by a team of nurses, including specialist nurses. You may also see a radiographer (healthcare professional who undertakes X-rays, CT or MRI) and a sonographer (healthcare professional who undertakes ultrasound scans).

How long should I expect my appointment to last?

Appointments can last up to 3 or 4 hours; this will be dependent on the number of tests you require and their availability on the day.

Where is the Urology One-Stop Clinic held?

The clinic is held in Area 6, Yellow Zone at the Lister Hospital on Monday, Wednesday and Friday mornings. Patients may need to stay in the hospital into the afternoon depending on the procedure or investigation that is required.

What will I need to do before my clinic appointment?

You **may** need to come to the hospital before your appointment for a blood test, urine test, CT or MRI. If this is necessary, we will inform you by letter. You may also be sent a bladder diary to complete and bring to your appointment.

What can I expect in the clinic?

We may ask you to complete a short questionnaire about your symptoms while you wait to be seen. A nurse will check your height, weight, blood pressure and request a sample of urine for testing with a dipstick.

You will see a doctor who will ask you about your symptoms and examine you. Sometimes this includes a pelvic or rectal examination depending on your problem. Please request a chaperone to be present for the examination if you would like one. After this assessment, the doctor will discuss with you any further tests proposed and questions you may have relating to these. You will be able to have some of following tests during your clinic visit:

- **Urine test** - It may be useful to arrive with a full bladder as this may speed up some investigations. Let the nurse know on arrival if your bladder is full.
- **Blood test**
- **Flow rate** - This test measures the rate of your urinary flow. You will need to have a full bladder and will be asked to pass water into a special machine.

- **Flexible cystoscopy** - This is a telescopic examination of the bladder. A small flexible scope is passed through the urethra (water pipe) and the bladder is filled with water to allow the doctor to examine the lining of the bladder.
- **Ultrasound** - An ultrasound scan is a painless test that uses sound waves to create images of organs and structures inside your body. We may scan your kidneys, bladder and scrotum.
- **X-ray** – X-rays are a type of high energy radiation. They are used to diagnose problems such as kidney stones.
- **Computerised Tomography (CT)** - CT is a special kind of X-ray machine. Instead of sending out a single X-ray through your body (like a normal X-ray), a CT sends several beams at the same time to form an image. You may be asked to come back for a CT on a different day. You will be given instructions about appointment times and how to get to the radiology department where these scans are carried out.
- **Transrectal ultrasound (TRUS)** – This is a specialised ultrasound scan to examine the prostate. A specifically designed ultrasound probe is introduced into the rectum in order for the prostate to be imaged.

What will I need to bring to my appointment?

- A list of allergies and current medications – including those you have bought yourself and alternative medicines, such as herbal remedies.
- A sterile sample of urine. Containers are available from your GP.
- If you have a urinary catheter in place, please bring a spare with you.

Can I bring someone with me?

Yes, you can bring someone with you but they may not be able to be with you during your tests, they can wait in the areas provided. There is limited space in our waiting areas so we would request that you bring only one person with you. Please do not bring young children with you.

After your appointment

The doctor you see will give you your results and will also advise as to what will happen next. You may be discharged from Urology; you may need a follow-up appointment with us; further tests or you might be booked for surgery. If you are booked for surgery, you could be asked to attend one of our pre-assessment clinics. This is designed to streamline your admission by making sure that you are medically fit for the procedure. You might be asked to have an ECG (heart trace), blood tests and X-rays.

Further Information

- The British Association of Urological Surgeons - www.baus.org.uk
- British Association of Urological Nurses - www.baun.co.uk
- Prostate Cancer UK - <https://prostatecanceruk.org/>

Useful Contact Details

Switchboard, Lister Hospital

☎ 01438 314333

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☎ 01438 284897

Reference - Guy's and St Thomas' NHS Foundation Trust Urology One-Stop - patient information leaflet

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