

Urology

Introduction

We provide a full urology service at the hospitals. Urology is one of the most varied branches of surgery, encompassing disease of kidneys, bladder and prostate. The urinary tract is where our bodies make, and get rid of, urine. The organs covered by urology include the kidneys, bladder adrenal glands, ureters (tubes that run from the kidney to the bladder), urethra (the tube that carries urine from the bladder to where it leaves the body), the prostate and the male reproductive organs.

The urinary and reproductive tracts are closely linked, and disorders of one often affect the other, so a major part of the conditions managed in urology fall in the area of genitourinary disorders.

Urology covers management of medical (i.e., non-surgical) problems, such as urinary tract infections and benign prostatic hyperplasia, as well as surgical problems, such as the surgical management of cancers, the correction of congenital abnormalities or correction of stress incontinence.

Covid-19

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

A recent Covid-19 infection increases your risk of lung complications or death if you have an operation under general anaesthetic. This risk reduces the longer it is since the infection. After 7 weeks the risk is no higher than someone who has not had Covid-19. However, if you still have the symptoms the risk remains high. The risk also depends on your age, overall health and the type of surgery you are having.

You must follow instructions to self-isolate and take a Covid-19 test before your operation. If you have had Covid-19 up to 7 weeks before the operation you should discuss the risks and benefits of delaying it with your surgeon.



My Planned Care Patient Information Platform

Guidance for Patients

Treatments and services offered at the Urology department include:

- (In) Continence
- Destruction of Kidney Stones
- Diagnostic endoscopic examination of bladder (Cystoscopy)
- Erectile Dysfunction
- Haematuria
- Keyhole prostate biopsy and HOLEP surgery
- Male Infertility
- Oncology
- Prostate
- Urinary Calculus

What should I do if my health is deteriorating?

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

GP surgeries are still open

If you experience an increase in pain or a significant change in your symptoms or eyesight, you should in the first instance contact your General Practitioner for review and advice.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic. GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those



who need it. When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

A list of GP practices with relevant contact details are available on the following website:

[Find a GP - NHS \(www.nhs.uk\)](http://www.nhs.uk)

<https://www.essexwellbeingsservice.co.uk/>

Contact Details

Appointments: 01279444455

Emergency Urology Line :Oak Unit 01279444455

Please note we will not give explicit clinical advice via telephone/email until you have been reviewed within clinic by a consultant first.

