

# My Planned Care Patient Information Platform

## First Appointment Urology

### Introduction

The information below will signpost you to services which will help and support you to improve your overall health and wellbeing while you await your treatment for your urology problem.

You might be referred to a urology clinic for many reasons. For both men and women, these may include pain when urinating, blood in the urine, flow problems, leakage (incontinence), overactive bladder and kidney stones.

### Guidance for Patients

Male issues requiring investigation and possible treatment by a urology specialist include erectile problems, problems with the foreskin, penis, scrotum and testicles.

It's advisable to turn up for your appointment with a urine sample. The sample will provide them with a urinalysis which reveals what your urine is like and any problems, such as an infection with the kidneys or bladder.

You may be asked to fill out forms and discuss your medical history with the clinician, as well as describing any symptoms you may be experiencing. It also helps if you have the names of any medications you're taking to hand, as the urologist will want these.

A specialist will often carry out a physical examination of the genital area and for men the prostate through the back passage.

They may then order tests or scans, such as an ultrasound or CT scan, to give them more information about your organs and overall condition to arrive at the correct diagnosis and form the proper treatment plan for you.

It may be that you can be reassured at the first appointment and not need any further tests or examinations.

Sometimes you will be prescribed medication. Usually a follow up appointment will be made to see how the treatment working. This can be over the telephone.

You may be offered a procedure at a later date to investigate your problem and provide more information, such as a prostate biopsy, to see if cancer cells are present. Other procedures may include a cystoscopy, which uses a telescope to examine the urethra (water pipe) and bladder; or a nephrectomy to remove a diseased kidney.

Sometimes your first appointment will be for a procedure such as a flexible cystoscopy. This is usually the case when your symptom might indicate a cancer so the aim is to investigate you as quickly as possible and hopefully provide reassurance. Most patients that are referred with a possible cancer do not have cancer.

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The contents of this information has been reviewed and approved by the Quality Delivery Committee of Chesterfield Royal Hospital

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When your first appointment is for a procedure you should have received the information leaflet for that procedure.

When the consultation results in your next treatment being an urgent operation you may be asked to go straight round to the preassessment clinic. The purpose of this clinic is to check your general health and complete any tests needed for having an anaesthetic. You will also receive information about getting ready for your operation including any measures needed for COVID such as isolation.

For less urgent operations the preassessment will take place at a later date.

For men having bladder and flow problems your first appointment is often to carry out a flow test and urinalysis and to be given instructions on how to fill out a bladder diary. This appointment is linked to an appointment to see your specialist at a later date and the information will help them diagnose you recommend the most appropriate treatment.

### **What should I do if my health is deteriorating?**

If your symptoms worsen please contact the secretaries below or new appointments to bring your appointment forward. If your general health worsens you may need to seek advice from your GP. If you feel you no longer need or wish to proceed with your appointment please contact the outpatients team.

If you feel your symptoms are deteriorating while waiting for a new patient appointment you should contact your GP.

### **Contact Us**

Outpatient Team for new appointments – 01246 512673 or [crhft.outpatientsreception@nhs.net](mailto:crhft.outpatientsreception@nhs.net)

Orthopaedic Secretaries – 01246 513768 or 513125 or [CRHFT.Urology@nhs.net](mailto:CRHFT.Urology@nhs.net)