

## Urology - Circumcision - Operations On Prepuce

### Introduction

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 like and that it is not always possible to say when treatment will take place. This document provides our patients with information on how you can support yourself while waiting for treatment at the hospital. The guidance has been written by the clinicians who are responsible for your care.

### Guidance for Patients

If you have any long-standing conditions such high blood pressure you should get this reviewed at your Doctors' surgery to make sure it remains well controlled. This will also help prevent any unnecessary delays when you come for your pre-operative assessment. Maintaining a well-balanced diet is also important, as is reducing any excessive weight that may be impacting on your general health. If you are a current smoker, it would be advisable to seek support to help with stopping, advice can be found at your local pharmacy or Doctor's surgery.

The website below can provide you with support and information whilst you are waiting for your surgery:

#### **British Association of Urological Surgeons**

[https://www.baus.org.uk/patients/conditions/13/tight\\_foreskin\\_phimosis](https://www.baus.org.uk/patients/conditions/13/tight_foreskin_phimosis)

Some patient symptoms improve with steroid creams which can be prescribed by your GP. If your condition improves and you feel you may not need the surgery or should you change your mind about having surgery, please contact us.

# My Planned Care Patient Information Platform

## Stop Smoking Service

A stop smoking service provides a range of options to help you quit including support from an advisor, stop smoking medications, e-cigarettes and a digital offer for those who wish to quit by themselves. Your GP surgery can put you in touch with this service.

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

Patients very rarely have serious problems related to their foreskin condition. Sometimes an infection can develop either in the urine or in the foreskin which will need antibiotic treatment. Usually, your GP can advise you on this. Rarely can you develop difficulty or inability to pass urine, despite having a sensation of a full bladder. This will require urgent treatment in the A&E department.

If your general health worsens whilst waiting you should seek advice:

## 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](http://www.nhs.uk). The NHS 111 service is available 24 hours a day, seven days a week.

## Contact Us

Mr Taufiq Shaikh secretary:	01727 897147
Mr Freddie Banks secretary	01923 217521
Mr Shahzad Shah secretary:	01923 217052
Mr Jacques Roux secretary:	01727 897116
Mr Vimoshan Arumham secretary:	01923 217064
Mr Angelos Christofides secretary:	01923 217521
Mr Mohammed Alsheikh secretary:	01923 217052