

# Gloucestershire Urology Assessment Clinic

## Introduction

The aim of this leaflet is to answer any questions you may have about your appointment in the Urology Assessment Clinic.

## What is the Urology Assessment Clinic?

The Urology Assessment Clinic can help us to give you an early diagnosis. Where possible, it may also mean you have fewer visits to the hospital. During your appointment you will meet with a member of the urology team and have any tests that you need all in one visit.

## Who will I see in the clinic?

You will be seen by a consultant urologist or specialist urology registrar. You may also be seen by a sonographer (a person who carries out ultrasound scans) or one of the nurses working in the clinic, including specialist urology nurses.

## What will I need to do before my clinic appointment?

You may need to visit the hospital before your appointment for a blood test and/or to give a urine sample. You will be sent a letter if we need you to do this. It is important that you follow the instructions in the letter as it will help us to diagnose your problem.

## How long should I expect my appointment to last?

The time you spend in the clinic depends on the number of tests you need, but you should expect to be here for up to 3 or 4 hours, from the time of your appointment. Some of the tests will be done in the clinic before you see the doctor.

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Urology

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**Patient  
Information**

## What will I need to bring to the clinic?

Please can you bring the following to your appointment:

- A fresh sample of urine in a clean container (10ml to 20ml only).
- A list of your current medication prescribed by your GP.

You may also like to bring a book or magazine to read. Free Wi-Fi is available.

## Arriving with a comfortably full bladder

If you have been referred to the clinic because you have any of the following urinary symptoms, try not to pass urine for 1 to 4 hours before you come to the clinic, if you can comfortably hold on that long.

- You have trouble passing urine.
- Urine infection.
- You have seen red or pinkish urine or you have been told you have blood in your urine.
- You have been told you have a possible cancer.

A full bladder is needed for a bladder ultrasound or flow test. If this is difficult, you will be able to drink when you arrive for your appointment so that you can fill up your bladder. This may mean that you are in the clinic longer.

You can eat as normal before your appointment.

## Do I need to bring anyone with me?

You do not have to bring anyone with you to the clinic but some patients find that it is useful to have someone with them during the consultation.

## What can I expect in the clinic?

To help us diagnose your problem, you may need to have a few tests during your visit to the hospital. Most patients will be asked to provide a urine sample on their arrival in the clinic. You may also need some other tests. The tests carried out in the clinic are listed below. Most patients will only need to have 1 or 2 of these tests during their appointment at the clinic.

## Patient Information

### Available tests

- **Flow rate:** This is a test which measures the rate of your urinary flow. You will need to have a full bladder and will be asked to pass urine into a special machine.
- **Ultrasound:** An ultrasound scan is a painless test that uses sound waves to create images of organs and structures inside your body.
- **Flexible cystoscopy:** A cystoscopy is a procedure that looks at the bladder and other parts of the urinary system. It involves inserting a tube into the urethra (water pipe) and then passing it through to the bladder. An anaesthetic gel is used to numb the urethra before the procedure.
- **Prostate biopsy (men only):** A prostate biopsy is where small samples of tissue are taken from your prostate gland. An anaesthetic is injected around the prostate to reduce any discomfort.
- **Blood tests:** It may be necessary to take some blood tests.
- **X-ray:** These are images (pictures) usually taken to show up bones and certain other tissues to diagnose problems.

### Results

The results of most of the investigations carried out in the clinic will be given to you on the day. If you have had biopsies taken or certain scans you will receive the results by letter or during another clinic appointment after about 3 to 4 weeks, depending on which tests have been performed.

Please be aware that some further investigations may be required at a later date and the results given to you once again at a clinic appointment or in a letter about 3 to 4 weeks after the investigation.

**Patient  
Information**

## Contact information

### Urology Booking Office

Tel: 0300 422 5996

Monday to Friday, 8:00am to 4:30pm

If you have any worries or concerns following your clinic appointment, please contact your consultant's secretary via the hospital switchboard.

### Gloucestershire Hospitals Switchboard

Tel: 0300 422 2222

When prompted ask for the operator then your consultant.

## Further information

### NHS UK

Web: [www.nhs.uk](http://www.nhs.uk)

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling. 2011;84:379-85