

Bladder Symptom Clinic

Information and advice for patients

Sandwell Community Continence Service

Your GP has asked you to attend a Bladder Symptom Clinic for assessment and possible treatment for the symptoms you have been experiencing. The clinic is held in a local health centre or GP surgery; please see your appointment letter for details of where your appointment is. Please inform us if you need to change or cancel your appointment.

What do I need to do to prepare for the clinic?

To prepare for your appointment please:

- read your appointment letter carefully for where and when to attend
- complete the input/output bladder chart enclosed
- bring a fresh sample of urine
- come with a full bladder
- bring a list of current medication

What happens at the clinic?

At the clinic you will see a nurse who has specialist knowledge of bladder problems and treatments. He/she will ask you questions about your bladder problem, will review the information sent by your GP and will advise you on appropriate treatments. You may also have a test to measure the flow of your urine and a bladder scan after you have passed urine. Your appointment may take up to 1 hour.

How are these tests performed?

For the test to measure the flow of your urine you will be asked to pass urine into a machine in a private toilet. This test shows how your bladder empties so it is important that you pass at least 150ml to obtain a good reading.

For the bladder scan you will be asked to lie down and a probe will be passed over your lower abdomen (tummy) above the pelvic bone and this will show an image of your bladder on a screen. The bladder scan will show if there is any urine left in your bladder after you have passed urine. A physical examination may be undertaken to determine pelvic muscle tone.

What are the benefits of the tests?

The benefit of these tests is that they can help to diagnose your problem so that you can be offered the most appropriate treatment.

What are the risks of the tests?

There are no risks associated with either of these tests and they are not painful.

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What are the risks of declining the tests?

If you choose not to have these tests it may be more difficult for the nurse to diagnose your problem.

Are there any alternative tests?

There are no alternative tests that will give the same information as the flow test and bladder scan. An alternative for men only is to perform the flow test themselves at home. The nurse can discuss this with you if it is appropriate.

What happens after the appointment?

At the end of your appointment the nurse will discuss with you what will happen next. He/she may arrange for you to:

- attend the Bladder Symptom Clinic on a regular basis
- have medication from your GP
- see a physiotherapist
- see a hospital consultant

Contact details

If you have any further questions or concerns please contact the Community Continence Service on:

0121 507 6370

Monday – Friday, 8am – 4pm

Further information

For more information about our hospitals and services please see our websites www.swbh.nhs.uk and www.swbhengage.com, follow us on Twitter @SWBHnhs and like us on Facebook www.facebook.com/SWBHnhs.

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Sources used for the information in this leaflet

- British Medical Journal, 'Benign Prostatic Hyperplasia', November 2001
- British Medical Journal, 'Benign Prostatic Hyperplasia: Treatment in Primary Care', September 2006
- National Institute for Clinical Excellence Clinical Guideline Urinary Incontinence: The Management of Urinary Incontinence in Women London: NICE (October 2006)

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5495 or email: swb-tr.swbh-gm-patient-information@nhs.net



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