

# One stop male urinary tract symptom (LUTS) clinic

Information and advice for patients

## Urology

### What is the Lower Urinary Tract Symptom clinic?

You have been referred to the Lower Urinary Tract Symptom Clinic because we have received a new referral from your GP or as a follow up appointment for your symptoms.

You may be suffering from symptoms including urinary frequency, urgency, poor stream, nocturia (getting out of bed to pass urine) or a feeling of incomplete emptying amongst other symptoms.

### What is a One Stop clinic?

The One stop clinic is an enhanced service for all Urology patients to allow faster access to diagnosis and treatment.

The traditional system required you to be referred by your GP and to attend multiple visits (e.g first appointment, return for tests and then again to receive test results).

In contrast, the One stop clinic enables you to have your consultation with a specialist and a range of tests in a single visit all on the same day. An individual plan for your treatment will be agreed with you and the team before you go home.

### Who will I be seen by?

The Clinic is staffed by Consultant Urologists, Specialist Registrars and Clinical Nurse Specialists. You may also see a radiographer.

### What should I do before I come into the hospital?

If you are a new patient you have been sent a "Frequency volume chart" in the post. This record chart is a part of your appointment assessment and needs to be completed for three days and nights (ideally three consecutive days and nights), recording all your drinks on one side of the chart and urine volumes and times on the other side (please follow instructions on the chart).

The chart needs to be completed and brought with you to your appointment and handed in to the nurse that greets you.

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

1. Please bring a fresh mid-stream urine specimen taken the same morning of your appointment in a sterile pot. You can get a sterile urine pot from your GP surgery reception.
2. Please bring with you a list of your current medication.
3. Please bring your completed Frequency - Volume chart.
4. Please ensure you are well hydrated when you attend your appointment. Please ensure you have a couple of glasses of water before you attend the clinic.

### What tests will I have in the clinic?

Your specialist will decide which tests are needed, although not every patient will need a test.

Possible tests include:

- **Urine test:** this will be required during the clinic. Please do not pass urine without asking the nurses if they need a sample first.
- **Blood tests:** it may be necessary to take some additional blood tests.
- **Flow rate:** this is a test that 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:** This is a painless test that uses sound waves to create images of organs within the body.
- **Flexible Cystoscopy:** This is a procedure that looks inside your bladder; it involves inserting a small camera through your front passage to have a look at the urethra (water pipe) and bladder. We do use local anaesthetic (numbing jelly) to make the procedure as comfortable as possible.

### Will I have to come back to hospital?

From this clinic you may be discharged back to the care of your GP or you may be required to attend additional diagnostic tests or a further outpatient appointment. You may be put on the waiting list for an operation if required, but this will be discussed with you in more detail.

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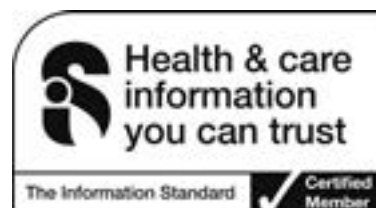
## Urology

### Contact information

If you have any questions as to why you have been referred to this clinic then please contact your GP.

If you have any further questions in relation to the clinic, please ring the **Urology Nursing Team** at City Hospital Tel: 0121 507 5324

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email [swbh.library@nhs.net](mailto:swbh.library@nhs.net).



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ML6873

Issue Date: November 2023  
Review Date: November 2026