

## Patient information

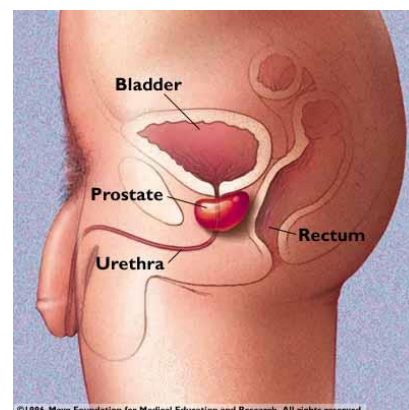
# One stop male urinary tract symptom (LUTS) clinic

### What is the Lower urinary Tract Symptom Clinic?

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

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

The clinic is run by a Clinical Nurse Specialist in Urology. At this appointment you will have some basic diagnostic tests assessing your urinary symptoms; these will be done on your arrival to the clinic before you see the nurse specialist. This may include a urine test, a flow test, recording of baseline observations such as a blood pressure, weight and pulse. This information will be looked at when you see the nurse specialist.



**Collecting this information and flow tests can take time before you see the nurse specialist so please be prepared to be in the department for a few hours (this varies between patients).**

After these preliminary tests have been completed, you will see the nurse specialist who will take a history and then examine you. The examination will include abdomen, groin, external genitalia and a DRE (Digital Rectal Examination) of the prostate. These need to be completed so that we can determine your condition and discuss treatment options with you.

### What are the expected benefits of attending this clinic?

By the time you leave this appointment any potential treatment options will have been discussed with you. This may be as simple as life style advice, or a medication to start, or potentially an operation dependent on your symptoms and your condition.

It may be necessary to organise further diagnostic tests to further determine your condition and these will take part in a separate appointment on another day.

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

If you are a new patient you have been sent a **“Time and Amount chart”** in the post with your appointment letter. This record chart is 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 your urine volumes and times on the other side (please follow instructions on the chart for how to fill it in).

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

## What to bring with you to the clinic:

1. Please bring with you a fresh mid – stream urine specimen taken the same morning of your appointment in a sterile pot. You can get a sterile urine pot for this purpose from your G.P surgery reception.
2. Please bring with you a list of your current medication.
3. Please bring with you the completed Time and Amount chart.
4. Please ensure you are well hydrated when you attend your appointment. Please ensure you drink well the day before your appointment and have a couple of glasses of water before you attend clinic.

## Will I have to come back to hospital?

From this clinic you may be discharged back to the care of your G.P or you may be required to have additional diagnostic tests or a further out patient appointment. You may be put on the waiting list for an operation if required, but this will be discussed with you.

## Contact information

If you have any questions as to why you have been referred to this clinic please contact your General Practitioner (GP).

If you have any further questions regarding the clinic, please ring the Urology Investigation Suite at Eastbourne DGH – Tel: (01323) 417400 Ext: 770640

## Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

## Sources of Information

### Useful sources of information:

British Association of Urology Surgeons (BAUS) - [www.baus.org.uk](http://www.baus.org.uk) have information in the Patient section.

The Bladder and Bowel Foundation - [www.bladderandbowelfoundation.org](http://www.bladderandbowelfoundation.org) - have a good chapter on the bladder and associated conditions.

## Important information

The information in this leaflet is for guidance purposes only. It is not definitive. We aim to make the information as up to date and accurate as possible, but please be warned that it is always subject to change. Please, therefore, always check specific advice on the procedure or any concerns you may have with your doctor.

## Your comments

We are always interested to hear your views about patient information. If you have any comments please contact our Patient Advice and Liaison Service (PALS) – details below

## Hand Hygiene

In the interests of our patients the Trust is committed to maintaining a clean, safe environment. Hand hygiene is a very important factor in controlling infection. Alcohol gel is widely available throughout our hospitals at the patient bedside for staff to use and also at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

This information is available in alternative formats such as large print or electronically on request. Interpreters can also be booked. Please contact the Patient Advice and Liaison Service (PALS) offices, found in the main reception areas:

### Conquest Hospital

Email: [esh-tr.palsh@nhs.uk](mailto:esh-tr.palsh@nhs.uk) - Telephone: **01424 758090**

### Eastbourne District General Hospital

Email: [esh-tr.palse@nhs.uk](mailto:esh-tr.palse@nhs.uk) - Telephone: **01323 435886**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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This patient Information leaflet is written by: Penny Whitling – Urology Clinical Nurse Specialist  
The following clinicians have been consulted and agreed this patient information:

Mr. Steve Garnett – Consultant Urologist and Clinical lead for speciality  
Simon Tyler-Murphy – Lead Urology Nurse

The directorate group that have agreed this patient information leaflet: Urology Department –  
(Diagnostics Anaesthetics and Surgery)

Next review date: August 2023  
Responsible Clinician/Author: Natasha Ewen – Urology Clinical Nurse Specialist

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