

## Urology One Stop Clinic

### What is the Urology One Stop Clinic?

The Urology One Stop Clinic is held in the Urology Investigation Suite in the Purple Zone on Level 3 at Eastbourne DGH. In addition to a consultation, you will be able to have a number of diagnostic tests completed on the same day. This will reduce the number of times you need to attend hospital.

### Who will see me in clinic?

You will be seen by a Urology Consultant or Registrar for the initial consultation and once your tests have been completed. In addition, you will also be seen by our team of Nurses and Health Care Assistants.

### What will happen in the clinic?

Once you have booked in at reception the following tests may happen before or after the initial consultation:

- **Urine analysis** - Most patients will be asked to provide a mid-stream urine sample. You can either bring a fresh sample with you or provide one on arrival. Please inform the team if you have a catheter fitted or undertake Intermittent Self Catheterisation.
- **Symptom questionnaire** - You may be asked to complete a simple questionnaire about your symptoms. Please bring reading glasses so you can do this. Staff will assist you if you need help to do this; there is a quiet room available for privacy.
- **Examination** - Your clinician may need to perform a physical examination with your permission. A chaperone will be present for this.
- **Flexible cystoscopy** - To examine the lining of the urethra (water pipe) and bladder a fine telescope is passed via the urethra into the bladder. Local anaesthetic is used.
- **Flow rates** - This test measures the amount of urine you pass and the rate at which you pass it. It is followed by a bladder ultrasound scan to see if any urine remains in your bladder after you have gone to the toilet.
- **Ultrasound** - This is a painless test performed by placing a probe onto the abdomen or back to create an image of your bladder or kidneys.
- **Blood tests** - Your GP may have completed some tests but if you need more they will be done in clinic.

You may need to have an X-ray, specialised Ultrasound Scan or CT scan - currently these will need to be arranged for another day.

### What should I do on the day of the appointment?

Take all your medication as normal – this includes diuretic medication (water tablets).

## What should I bring to hospital?

If possible, please bring a **fresh, mid-stream (must be from the middle of your stream and not the start), sample of urine in a sterile container**. It is helpful to bring a full list of current medication. It can also help you to have questions written down before you come to the clinic

## How long will I be in hospital?

Because we offer tests on the same day as your consultation you must expect to be in hospital for **between one and two hours**.

Between tests you can access the café or main restaurant in the hospital for hot drinks and food. Cold water and squash are available in the department. You will be advised how long you have between undertaking tests and the final consultation to go off the department.

We do provide magazines but please bring any additional reading material you would like. You are welcome to use a personal music player but please use headphones. Free Wi-Fi access is available.

## How will I feel afterwards?

If you have a flexible cystoscopy, you may notice some mild stinging when you next go to the toilet. This should not last. If it persists after 36 to 48 hours, please contact your GP to assess if you have developed a urine infection.

## What should I do when I go home?

After flexible cystoscopy you should drink an additional 3 to 4 glasses of water that day to minimise the risk of developing a urinary infection.

## Will I have to come back to hospital?

You may need to return for an X-ray, CT scan, Urodynamic (a more complex test to assess your bladder function). You may be referred onto a Specialist Consultant in Urology or another speciality.

## 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

You will be provided with more detailed information about each test you are offered on the day. Our information sheets are available on the ESHT website - **[www.esht.nhs.uk/patient-information-leaflets/](http://www.esht.nhs.uk/patient-information-leaflets/)**

If you need to re-arrange your appointment, please telephone the **central bookings team** on 01424 758044

**NOTE; the Urology Investigation Suite team cannot change your appointment.**

If you require **clinical advice** about your appointment, please telephone 0300 13 14 500 Ext: 770640

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4784 (direct dial) or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand hygiene

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

## Other formats

**If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.**

**Tel: 0300 131 4434 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

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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## Reference

The following clinicians have been consulted and agreed this patient information:

Steve Garnett - Lead Consultant Urologist

Claire Bishop - Head of Nursing (Diagnostic, Anaesthetics and Surgery)

The directorate group that have agreed this patient information leaflet:

Diagnostic, Anaesthetics and Surgery

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Responsible clinician/author: Susan Crosby-Jones Matron Urology Investigation Suite

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