Urology diagnostic clinic – Chase Farm Hospital

Information for patients

Following your referral to the urology service an appointment has been arranged in the urology diagnostic clinic. At this appointment, you will be assessed by a doctor and will also have some of the tests you need on the same day. Most patients will receive a diagnosis and initial treatment plan at the end of their visit if appropriate.

What do I need to do before the clinic?
You may need to attend the hospital before your appointment date to have a blood or urine test. We will contact you by telephone or letter if this is the case. It is important you have these tests before your appointment as the results will help the doctors/nurses to decide on a treatment plan for you. On the day of your appointment you may need to go for an ultrasound/CT scan. This will either take place in the clinic or in the diagnostic imaging department. A member of the team will direct you on the day.

Where is the clinic?
Clinics take place in the out-patients department on the ground and first floor of Chase Farm Hospital. On arrival to the hospital, you will need to check in for your appointment using one of the self-service check-in kiosks. The kiosk will then sign post you to a waiting area. Please keep an eye on the call screen in your waiting area, which will display when a doctor or nurse is ready to see you, and direct you to a clinic room.

Do I need to bring anything?
Please bring details of any regular medication you take and allergies you have. If you have had previous treatment at other hospitals, please bring copies of letters and reports if you have them.

What happens on the day?
Please come to the reception desk in the urology clinic to check in. Most patients will then have a consultation with a doctor/nurse; other patients will have tests first and then see the doctor. You may need to attend with a full bladder. If so, we will contact you by telephone or letter. If this is difficult, please feel free to arrive early. Water is available to drink so that you can fill up your bladder while waiting in the urology clinic. If you do arrive with a full bladder please let the nurse know on arrival. Once you have had your tests and seen the doctor you will be able to go home. The doctor will discuss the results with you and a treatment plan will be discussed where required. We will write to your GP with details of the results and treatment plan and will send you a copy of the report if you wish.
How long will it take?
You may need to spend most of the morning or afternoon at the clinic (up to four hours) so please allow for this when making arrangements. You may wish to bring something to read, refreshments and a companion with you.

Which tests are carried out in the clinic?
- **Flow rate**: this measures the speed of your urinary flow. You will need to have a full bladder and pass water into a machine rather than a toilet.
- **International prostate symptom score**: this is a questionnaire about urinary symptoms (men only)
- **Ultrasound/CT**: you may have an ultrasound/CT scan in the imaging department before coming to your appointment. Alternatively, an ultrasound may be carried out in clinic to check if you are able to empty your bladder completely.
- **Blood tests**: we may ask you to have blood tests after your consultation. Results will be sent to you with the clinic report.
- **Urine tests**: you may be asked for a urine specimen so that we can test it in the clinic for infection or blood.

What will happen after the clinic?
Most patients will leave with an initial diagnosis and treatment plan, however where necessary some patients will be booked in for surgery. If this is the case, we will ask you to attend a pre-operative assessment clinic where you may be asked to have some further tests to make sure you are medically fit for an operation. Some patients will have a follow-up appointment arranged in one of our specialist clinics.

Contact us
If you have any questions, please contact our clinic co-ordinator on 020 8216 4738 or 020 8216 4795.

More information
For more information about the urology service at the Royal Free London, please visit our website: www.royalfree.nhs.uk/services/services-a-z/urology

Your feedback
If you have any feedback on this leaflet or for a list of references for it, please email: rf.communications@nhs.net.

Alternative formats
This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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