

One-stop female urinary tract symptom (LUTS) clinic

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتيسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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St Helens Hospital
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Merseyside,
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Telephone: 01744 26633

What is the Lower Urinary Tract Symptom Clinic?

You have been referred to this clinic due to a referral from your GP or as a follow-up appointment for your urinary symptoms.

You may have been suffering from regular water infections, frequency, urgency, incontinence, a poor stream, nocturia (getting out of bed to pass urine), or a feeling of incomplete emptying.

The clinic is run by nurse practitioners and doctors in the department, and it involves a number of diagnostic tests to assess your symptoms:

- Urine dipstick
- Flexible cystoscopy
- Flow test

The aim of the clinic is to undergo specific investigations on the same day to reduce the amount of times you will need to come to the department and hopefully make your journey in understanding your symptoms in a more timely manner.

Prior to investigations we will need a fresh mid-stream urine sample, this can be taken the same morning of your appointment or can be done on arrival to the clinic. You can ask you GP reception for a sterile urine pot, or one will be provided in the clinic if not already done.

If your urine is positive for infection or you have symptoms of an infection, we will send a sample of your urine off and treat with antibiotics if the sample grows anything in the lab. This can take a couple of days to be processed and we will call you if antibiotics are needed. Often samples sent do not require antibiotics, if this is the case we wont routinely call you if the sample is negative for infection.

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.

Email: pals@sthk.nhs.uk.

Telephone: **0151 426 1600**

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance

Please ask a member of staff if you would like a chaperone present during your procedure.

Useful sources of information:

British Association of Urology Surgeons (BAUS):

www.baus.org.uk have information in the patient section.

The Bladder and Bowel Foundation:

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.

Providing your urine sample is clear of signs of infection, and you have no symptoms of a urine infection the following procedures will be undertaken the same day.

Imaging/ Xray

Prior to your appointment you may have been booked for an ultrasound scan. This may be done on the same day.

Flexible Cystoscopy

A flexible cystoscopy is a diagnostic procedure to look at the inside of your bladder. It involves passing a telescopic camera into your urethra (water pipe) to help us visualise the lining of your bladder.

You will be asked if you would wish to wear a gown prior to the procedure and also be asked for written permission to undergo the procedure.

You will be lay down on a couch, using saline the area around your genitalia will be cleaned and a local anesthetic is inserted into your urethra (water pipe)

The camera is inserted and this may cause a little discomfort which is a normal sensation to experience and will settle almost immediately. The clinician performing the procedure will then run sterile saline slowly into the bladder to help fill your bladder so we can inspect your bladder lining.

The procedure will take a couple of minutes while we fill your bladder up so we can perform another procedure after the camera. Once filled we will remove the camera and ask you to complete a flow test immediately after. This involves passing urine into a special toilet.

Uroflowmetry (flow study)

You will be asked to pass urine into a special device that resembles a toilet (commode), the device is connected to another machine which will measure your flow of urine.

The aim of the test is to calculate the rate and amount of urine you pass, and we use this test to help us identify if you are fully emptying your bladder or if you are having difficulties in passing urine.

Once you have passed urine you will be asked to get changed and return to the examination room where we can perform a bladder scan.

A bladder scan is done by applying some ultrasound jelly to your abdomen and a handheld device is used to check if there is any urine remaining in your bladder.

Review of investigations

After your flexible cystoscopy and flow study, if available we aim on the same day for these investigations to be reviewed by one of Urology Consultants. This will mean on the day you will have the opportunity to discuss your urological symptoms with a doctor and we hope to have a plan in place to help with the symptoms you have been experiencing.

If for any reason one of our doctors are not available on the day we will arrange for this follow-up to be done in a timely manner to minimise any delay in your care.

Post Procedure advice

After your procedure it is common to feel some mild burning on passing urine, to minimise this please increase your fluid intake for the rest of the day as this will ease your symptoms.

On occasion the doctor may prescribe you antibiotics after your consultation and these can be obtained from the pharmacy which is located by the main entrance to St Helens Hospital. These prescriptions are sent electronically to the pharmacy department and will be processed on your arrival.

If your appointment is on a Saturday, unfortunately the Pharmacy at St Helens Hospital is not open and this may be directed to Whiston Hospital or advice given to your GP to commence.