

# One Stop Lower Urinary Tract Symptoms (LUTS) Clinic

**This leaflet provides information on One stop male LUTS clinic**

## What is the One Stop 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.

The most common symptoms you may be suffering from include urinary frequency, urgency, poor stream, nocturia (getting out of bed to pass urine) or a feeling of incomplete emptying after passing urine.

The one stop clinic is Consultant led and aims to provide an enhanced service for all Urology patients to access faster diagnosis and treatment by having some diagnostic tests to assess your urinary symptoms.

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

**You can eat and drink as normal for this appointment.**

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

If you are a new patient, you will have been sent a 'Frequency volume 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). You will also be given an international prostate symptom score (IPSS) form to complete.

Your completed charts need to be brought with you to your appointment and handed in to the nurse that greets you.

## What you need to bring to clinic

1. If you are able, please bring with you a fresh mid-stream urine specimen taken the same morning of your appointment in a sample pot. If you are unable to do this, you can give the sample at your appointment.
2. A list of your current medication.
3. The completed frequency volume and IPSS chart.
4. Please ensure you are well hydrated when you attend your appointment. Please ensure you have drunk 2 litres of fluids the day before the appointment, and a couple of glasses of water/cordial/fruit juice before you attend clinic.

## What tests will I have in clinic?

Your specialist will decide which tests will be required. Although not every patient will need every test, the likely tests include:

- **Urine test:** This will be required during the clinic. If you have not brought a sample, please do not pass urine without asking the nurses if they need a sample first.
- **Blood test:** it may be necessary to take a sample of blood.
- **Flow rate and bladder scan:** 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.
- **Flexible Cystoscopy:** This is a procedure that looks inside your bladder; it involves inserting a small camera into your water pipe (urethra) to examine it, as well as your prostate and bladder. We do use local anaesthetic (numbing gel) to make the procedure as comfortable as possible. The procedure takes a few minutes. Most patients experience some mild discomfort during the procedure, but the majority do not find this troublesome. A nurse will remain with you throughout the procedure.

## Will I have to come back to hospital?

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

## 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 contact the **Urology Diagnostic Unit on Tel :01484 355586.**

For advice, support or to raise a concern, contact our **Patient Advice and Liaison Service (PALS).**  
**Tel: 0800 013 0018 (PALS) [patientadvice@cht.nhs.uk](mailto:patientadvice@cht.nhs.uk)**

**If you have any comments about this leaflet or the service you have received you can contact :**

**Urology Diagnostic Unit  
Huddersfield Royal Infirmary**

**Telephone: 01484 355586**

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ہی معلومات کسری اور فارمیٹ کی زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"