



**University  
Hospitals Sussex**  
NHS Foundation Trust

# One-Stop Clinic

at The Urology Investigation  
and Treatment Centre (UITC)

Patient information

## What is the Urology One-Stop Clinic?

The Urology One-Stop Clinic is based at the Urology Treatment and Investigation Clinic (UTIC).

At the clinic, you can have your appointment with a healthcare professional and any diagnostic tests you need in one visit, instead of several visits.

## Who may I see in the clinic?

You may see different healthcare professionals in one visit. This will depend on your symptoms. You may be seen by a consultant, a registrar (a doctor in the middle of their training), a clinical nurse specialist (CNS) or radiographers and sonographers (staff who are specialists at performing scans).

Please note that trainee doctors, medical students, and student nurses might be present in these clinics. If you do not want to have students or trainees present during an examination, you are allowed to say so.

You may also meet registered nurses, healthcare support workers and administrative colleagues.

## Do I need to bring anything with me?

- You may need to complete forms before your visit. These will be included in your appointment letter. Please complete these and bring them to your appointment so that we have all the information we need when you arrive at the clinic.

- A list of any medications you may be taking. You may also be asked to contact your GP for a blood or urine test before the clinic. This will be included in the appointment letter.
- Your appointment letter, as this has your hospital number and details.

## What if I cannot attend my appointment?

Please tell us if you cannot come.

You can call us on the number below:

### **The Urology Outpatient Booking Team**

Monday to Friday, 9am to 5pm

**01444 441881 Ext. 65805 or 63817**

## I have mobility issues. Can I get any help?

If you need any help because of mobility issues (for example, a hoist or stand aid) please contact the number above to arrange this.

## Can I get help to travel to my appointment?

If you are having trouble getting to your appointment you may be able to use the hospital transport service provided by South Central Ambulance Service. They provide transport for some people who cannot use public transport because of a medical condition.

To find out if you may be eligible for the patient transport service, please call: **0300 100 0015**

If you know that you are eligible for patient transport, you can make a booking. Please call: **0300 123 9841**

## What can I expect in the clinic?

- When you arrive, please check in at the reception. You can then wait in the waiting area. While you wait you may be asked to complete a short questionnaire about your symptoms.
- You may be asked to provide a urine sample.
- You will then see a doctor or specialist nurse who will ask you about your symptoms and examine you. Please ask for a chaperone to be present for the examination if you would like one.
- You will then be told if you need further tests and where to go for these.

## How long will I be at the clinic?

You may be in the clinic for three to four hours. This depends on the number of investigations you need and whether you can have them on the same day. It is most likely that all the tests will be done on the day but occasionally there may be a test that you will need to come back to hospital for.

## What tests might I have in the clinic?

This will be decided on the day. Not all patients need more tests. This will be explained to you.

**If you do need more tests, these could include:**

### Flexible Cystoscopy

This allows us to examine your bladder. A flexible scope is passed through the urethra (the tube through which your urine drains) and the bladder is filled with saline.

## **A flow rate**

This test measures the rate of your urinary flow. You will need a reasonably full bladder for this test and will be asked to pass urine into a special machine. You will then have a bladder scan to check the amount of urine left in your bladder.

## **An ultrasound scan**

An ultrasound scan is a procedure that uses high-frequency sound waves to create an image of part of the inside of your body. We may scan your kidneys, bladder, and scrotum (the bag of skin that holds your testicles).

## **Blood tests**

You may need blood tests if this has not been done by your GP.

## **Urine test**

A sample of your urine is needed before most of our investigations. We may also need a sample to be sent to the laboratory for further investigations.

If you require any other investigations such as CT scan, MRI, or prostate biopsy then this will be arranged for you for a further date.

## **When will I get my results?**

Before you leave, you will have the results of any tests and assessments done that day.

You will also be told if you need more tests or any other procedures, including surgery.

## What happens after the clinic?

After the clinic you and your GP will receive a summary letter which will tell you what any tests at the clinic found, a possible diagnosis, and management plan. Please let the team know if you do not want a copy of this letter.

### Final checklist before your visit

**Have you checked where and when your appointment is?**

**Are you available to spend three to four hours in the clinic on the day?**

**Have you checked how to get to the clinic?**

**Do you need to have any tests before you come to the clinic?  
If so, have you had them?**

**Have you brought a fresh urine sample in a clean container with you?**

**Have you brought a list of current medications with you?**

**Have you brought your appointment letter with you?**

On behalf of the Urology Team, we hope your visit to see us is helpful and we look forward to meeting you on the day.

# Who can I contact for further information and advice?

## The Urology Nursing Team

01444 441881 Ext. 65457

[uhsussex.urologyclinicalnursingteam@nhs.net](mailto:uhsussex.urologyclinicalnursingteam@nhs.net)

## The Urology Outpatient Booking Team

01444 441881 Ext.65805/63817

[uhsussex.urologyopd@nhs.net](mailto:uhsussex.urologyopd@nhs.net)

## The Urology Waiting List Booking Team

01444 441881 Ext. 68600

[uhsussex.urology.admissions@nhs.net](mailto:uhsussex.urology.admissions@nhs.net)

## Urology Consultants:

Mr Coker's secretary      01444 441881 Ext. 68043

Mr Crawford's secretary      01444 441881 Ext. 67808

Mr Zakikhani's secretary      01444 448811 Ext. 67809

Mr Symes' secretary      01273 696955 Ext. 67809

Mr Larner's secretary      01273 696955 Ext. 67808

Mr Alanbuki's secretary      01273 696955 Ext. 67810

Ms Ola Blach's secretary      01444 441881 Ext. 67810

[uhsussex.urologymedsecs@nhs.net](mailto:uhsussex.urologymedsecs@nhs.net)

**This leaflet is intended for patients receiving care  
in Brighton & Hove or Haywards Heath**

Ref. number: 2295

Publication date: 09/2023

Review date: 09/2026

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