

Patient Information: Urology Referral Guide

Lower Urinary Tract Symptoms

You have been referred to the Urology team at Barts Health because you have been experiencing urinary symptoms (problems to do with passing water).

This guide explains what happens next:

Step 1 Your referral will be reviewed by a Urologist. They will either give advice to your GP about further treatment and tests or offer you a specialist appointment at the hospital. If an appointment is offered, then we ask that you complete the questionnaires that are included with this leaflet (as appropriate).

Step 2 At the first clinic appointment:

- We will check the questionnaires that you have completed, ask general questions about your health and ask to examine you
- We may ask you to pass urine (pee) in the normal way into a special toilet which measures the flow rate
- We may ask you if we can scan your abdomen (tummy) to check whether your bladder is emptying normally
- If you have a prostate gland, we may ask you if we can scan this to see if it has grown larger. This involves a small ultrasound probe being gently placed into the rectum (back passage) for a short time to take measurements. This is not normally painful but we understand that this is sensitive. You will be able to discuss this further and, of course, you do not have to do this test if you do not want to



Step 3 All of these results will be looked at by our specialist team which includes Urology specialist nurses and doctors.

Step 4 We will make recommendations which may include:

- Changes to the food you eat, lifestyle advice, specialist exercises
- Changes to your medicines or tablets
- Getting advice from other teams
- Possible surgery

You may not need any more appointments after this first one and if this is the case, we will provide a step-by-step plan for you and your GP.

If an operation is the best choice for you, we will discuss this with you on the day and will sometimes request further tests.

Please always feel free to ask questions at any point, and you can always change your mind before any treatment.

More information and support



For patients with prostates: for more information, you can visit the [British Association of Urological Surgeons' guide to prostate symptoms](#) (also available by scanning this QR code)



For patients with incontinence: for more information, you can visit the [British Association of Urological Surgeons' website](#) (also available by scanning this QR code)

Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات متبادل فارمیٹس میں دستیاب کی جا سکتی ہیں، جیسا کہ پڑھنے میں آسان یا بڑا پرنٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں۔!

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Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services:

www.bartshealth.nhs.uk/pals

Reference: BH/PIN/1102

Publication date: February 2023

All our patient information leaflets are reviewed every three years.



URINARY INPUT AND OUTPUT CHART (BLADDER DIARY)

Information from The British Association of Urological Surgeons (BAUS) about assessing fluid intake & output

You have been given this leaflet because you we need an accurate record of your fluid intake and output to assess your urinary symptoms. This will help us determine how best to manage your condition.

We have consulted specialist surgeons during its preparation, so that it represents best practice in UK urology. You should use it in addition to any advice already given to you.

To view the online version of this leaflet, type the text below into your web browser:

[http://www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Input output chart.pdf](http://www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Input%20output%20chart.pdf)

What is an input/output chart?

This chart (also known as a **frequency-volume chart** or **bladder diary**) is used to assess how much fluid you drink, to measure your urine volume, to record how often you pass urine over 24 hours and to show any episodes of incontinence (leakage). The results are important in diagnosing the cause of your urinary symptoms and deciding how best to treat them.

You should fill in the chart as accurately as possible over **three consecutive normal days**, including work or rest days if appropriate.

What do I need to measure my input and output?

You will need a plastic measuring jug to measure the urine you pass; ideally, this should hold at least 500ml. Some people find it helpful to measure the capacity of any mugs, cups or glasses they use regularly, so it is easy to measure the volume you drink.

How do I complete the chart?

Every time you have a drink, make a note of how much it is (in millilitres, if possible) and enter this value in the “**IN**” column opposite the appropriate time slot. Try to record every drink, day and night. Record the type of drink (water, squash, coffee, tea, beer etc) in the “**TYPE**” column because this can help us identify any triggers for your symptoms.

Each time you pass urine, collect it in your measuring jug, measure the amount (in millilitres, if possible) and record it in the “**OUT**” column opposite the appropriate time slot. If, for any reason, you are not able to

measure how much urine you have passed, simply put a tick in the appropriate “**OUT**” box.

Put two lines across each daily column, one to mark **when you get up and dressed**, and a second for **when you go to bed**. This helps us to see how many times you get up at night to pass urine.

If you have any urine leakage by night or day, mark the box under the column heading “**WET**” against the appropriate time slot. Use the following symbols for this:

- + for a small leak
- ++ for a moderate leak
- +++ for a large leak

Please detach the input/output chart itself so you can complete the chart, but still have this explanatory information available to read.

Bring the completed chart with you when you come to your next clinic appointment. If there are any other points you think are important, please write them down on a separate piece of paper.

What sources were used to prepare this leaflet?

This leaflet uses information from consensus panels and other evidence-based sources including:

- the [Department of Health \(England\)](#);
- the [Cochrane Collaboration](#); and
- the [National Institute for Health and Care Excellence \(NICE\)](#).

It also follows style guidelines from:

- the [Royal National Institute for Blind People \(RNIB\)](#);
- the [Patient Information Forum](#); and
- the [Plain English Campaign](#).

Disclaimer

We have made every effort to give accurate information but there may still be errors or omissions in this leaflet. BAUS cannot accept responsibility for any loss from action taken (or not taken) as a result of this information.

PLEASE NOTE

The staff at BAUS are not medically trained, and are unable to answer questions about the information provided in this leaflet. If you do have any questions, you should contact your urologist, specialist nurse or GP

FOR ALL PATIENTS TO COMPLETE PLEASE:

Input/Output Chart

Please enter information for **three consecutive days**

DATE	/ / DAY ONE				/ / DAY TWO				/ / DAY THREE			
	TYPE	IN	OUT	WET	TYPE	IN	OUT	WET	TYPE	IN	OUT	WET
06.00												
07.00												
08.00												
09.00												
10.00												
11.00												
12.00												
13.00												
14.00												
15.00												
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21.00												
22.00												
23.00												
00.00												
01.00												
02.00												
03.00												
04.00												
05.00												
TOTAL		IN	OUT			IN	OUT			IN	OUT	

ONLY FOR PATIENTS WITH PROSTATES TO COMPLETE PLEASE:

INTERNATIONAL PROSTATE SYMPTOM SCORE (IPSS) QUESTIONNAIRE

Patient Name:

Date:

Not At All Less Than 1 Time in 5 Less Than Half The Time About Half The Time More Than Half The Time Almost Always Your Score

1. Incomplete Emptying Over the past month, how often have you had a sensation of not emptying your bladder completely after you finish urinating?	0	1	2	3	4	5	
2. Frequency Over the past month, how often have you had to urinate again less than two hours after you have finished urinating?	0	1	2	3	4	5	
3. Intermittency Over the past month, how often have you found you stopped and started again several times when you urinated?	0	1	2	3	4	5	
4. Urgency Over the past month, how often have you found it difficult to postpone urination?	0	1	2	3	4	5	
5. Weak Stream Over the last month, how often have you had a weak urinary stream?	0	1	2	3	4	5	
6. Straining Over the past month, how often have you had to push or strain to begin urination?	0	1	2	3	4	5	

None Once Twice 3 Times 4 Times 5 or More Your Score

7. Nocturia Over the past month how many times did you most typically get up each night to urinate from the time you went to bed until the time you got up in the morning?	0	1	2	3	4	5	
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Add your scores and write the total in this box:

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Quality of Life due to Urinary Symptoms

Delighted Pleased Mostly Satisfied Mixed Mostly Unhappy Unhappy Terrible

If you were to spend the rest of your life with your urinary condition just the way it is now, how would you feel about that? (circle one)	0	1	2	3	4	5	6
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