



# Urology

First Outpatient Appointment

## Guidance for patients

The COVID-19 pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place.

Referral to treatment waiting times are available at:

[Urology – Harrogate and District NHS Foundation Trust – My Planned Care NHS](#)

### Urology outpatient services

Our Urology Department runs a variety of outpatient clinics at Harrogate District Hospital, as well as at health centres in Wetherby, Yeadon and Leeds. These clinics are:

- Haematuria clinics – for the investigation of blood in the urine. These clinics run at Harrogate District Hospital, Yeadon, and Alwoodley Medical Centre in Leeds
- Incontinence clinics
- Erectile dysfunction clinics

We run a variety of investigations and offer many treatments for outpatients. These include:

- Lithotripsy – the use of X-rays and shockwaves to identify and break up kidney stones;
- BOTOX – used to treat incontinence
- Flexible cystoscopy – the use of a thin, flexible camera to investigate bladder disorders
- Urodynamics – used to assess the function of the bladder and the urethra.

In many cases, we're able to carry out operations as day cases in our [Day Surgery Unit](#), meaning you will be in and out of hospital in a day without requiring an overnight stay.

### Urology inpatient services

Some procedures will require a stay in hospital on one of our wards. We carry out a range of inpatient surgical procedures, including laparoscopic kidney surgery.

### Urological cancers

We investigate and treat a wide spectrum of urological cancers, including prostate, bladder, kidney, testicular and penile.

We work closely with the [Clinical Oncology Team](#) at Harrogate District Hospital and liaise with the [Macmillan urology nurse specialists](#). We also work with the urology team based at Leeds Teaching Hospitals NHS Trust.

## Should you require surgery

Having surgery is a big moment in life and it is normal to feel anxious about it. You can find general advice on what you can do to get the best outcome from your surgery at:

<https://www.hdft.nhs.uk/content/uploads/2022/04/FitterBetterSooner2018web.pdf>

## What to do if your health is deteriorating

You can get information and help about a variety of common problems and find useful ways you can help yourself from the Harrogate Health Hub website at <https://www.harrogatehealthhub.co.uk>

### Urgent Health Advice

For urgent health advice about physical or mental health when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit [www.nhs.uk](http://www.nhs.uk). The NHS 111 service is available 24 hours a day, seven days a week.

### Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

### GP surgeries are still open

If you experience an increase in pain, inability to weight bear on this limb or a significant reduction in mobility, you should in the first instance contact your General Practitioner for review and advice.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic. GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

[Find a GP in the region](#)

## Contact us

If you want to discuss any of the above please call: 01423 885959 or email [hdft.hello@nhs.net](mailto:hdft.hello@nhs.net)