

# The renal and testicular clinic

The aim of this leaflet is to answer any questions you may have about your appointment in the renal and testicular clinic. If you have any questions or concerns, please do not hesitate to contact us (details at the end of this leaflet).

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## **What is the renal and testicular clinic?**

The renal and testicular clinic provides assessment, diagnosis and follow-up for people with a range of problems affecting the kidney or testicles. These include patients with:

- benign (non-cancerous) problems, for example cysts requiring further assessment
- tumours requiring standard treatments
- complex cancers requiring highly specialised treatment.

Patients are referred from hospitals throughout South East England.

The clinic is led by urologists, oncologists, radiologists and specialist nurses.

## **Who will I see in the clinic?**

You will be seen in the clinic by a urology or oncology consultant or by a specialist registrar. Two renal and testicular clinical nurse specialists, a radiographer and health care assistants also support the clinic.

All cases are discussed before the clinic in a multidisciplinary meeting, which means everyone involved in your care is fully informed. Your treatment or follow-up will have been discussed and agreed with the senior consultant whichever member of the team you see.

## What will I need to do before my clinic appointment?

You may need to come to the hospital before your clinic appointment to have a blood test. You will be sent a letter if we need you to do this. It is important that you have a blood test as it will help us make a decision about the treatment you will need.

## What can I expect at my clinic appointment?

You will book into the main reception in the Urology Centre and then be directed to go to **the reception at the back of the centre**. You may require some of the following investigations in clinic.

- Blood tests.
- Ultrasound: an ultrasound scan is a painless test that uses sound waves to create images of organs and structures inside your body.
- X-ray: X-rays are a type of high-energy radiation. The rays pass easily through fluids and soft tissues of the body and can give a picture of internal organs and structures.

After your clinic appointment, one or more of the following tests may be organised.

- CT scan: a computerised tomography (CT) scanner is a special kind of X-ray machine. Instead of sending out a single X-ray through your body like an ordinary X-rays, the CT scanner sends several beams at the same time from different angles. They allow doctors to inspect the inside of your body. They do not hurt.

- MRI scan: magnetic resonance imaging (MRI) uses magnetic waves and radio waves, meaning that there is no exposure to X-rays or any other forms of radiation. You lie inside a large, cylinder-shaped magnet. The scan is painless, but can be quite noisy. An MRI scan is able to provide clear pictures of parts of the body that are surrounded by bone tissue, so the technique is useful when examining the brain, pelvis and spinal cord.
- Bone scan: this involves an injection followed by a body scan. It is primarily used to help diagnose a number of conditions relating to bones.

## **How long should I expect my appointment to last?**

Allow a couple of hours for your appointment as you may need a number of tests during the consultation.

## **What will I need to bring to clinic?**

Please bring anything that will help us understand your situation better, for example: list of current medications, including those prescribed by your GP, medicines you have bought yourself, or alternative medicines, such as herbal remedies. If you are being referred from another hospital, please bring any relevant correspondence.

## **Do I need to bring anyone with me?**

You do not have to bring anyone with you to clinic but most people find that it is useful to bring someone with them to their consultation.

Let us know in advance if you need help with translation and we will organise an interpreter for you.



## **Contact us**

If you have any questions or concerns please call the renal and testicular clinic, **t:** 020 7188 6789, Monday to Friday, 9am to 5pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

## **Pharmacy Medicines Helpline**

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748, Monday to Friday, 9am-5pm

## **Your comments and concerns**

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)      **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## **Language and accessible support services**

If you need an interpreter or information about your care in a different language or format, please get in touch.

**t:** 020 7188 8815    **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## **NHS 111**

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111    **w:** [www.111.nhs.uk](http://www.111.nhs.uk)

## **NHS website**

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.

**w:** [www.nhs.uk](http://www.nhs.uk)

## **Get involved and have your say: become a member of the Trust**

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

**t:** 0800 731 0319   **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)

**w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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