



Male Patients

Symptoms may include

- Frequency and urgency
- Slow or weak stream
- Difficult or incomplete voiding
- Symptoms suggestive of urethral stricture
- Nocturia

Suggested investigations prior to referral:

- PSA (within normal age related range)
- Renal function
- Blood Glucose
- MSU

Tel: 01908 619912

Service Provides:

- Detailed relevant history
- IPSS (International Prostate Symptom Score)
- Assessment of symptoms of overactive bladder
- Fluid and voiding charts
- Bladder scan
- Uroflow studies
- Digital rectal examination
- Digital vaginal examination
- Pelvic floor assessment and individual exercise programme
- Bladder re-training
- Pelvic floor muscle stimulation
- Direct referral for prostate biopsies when required
- Direct onwards referrals when appropriate to Urology/Uro-gynaecology Services

Other services include:

Urethral catheterisation or change of catheters, including supra pubic catheters.

Teaching clean intermittent self catheterisation/dilatation for incomplete voiding, neurological conditions or dilatation therapy

Advice, information and support

Tel: 01908 619912



Female Patients

Symptoms may include:

- Stress incontinence
- Mixed incontinence
- Frequency and urgency
- Nocturia
- Mild vaginal prolapse
- Pelvic floor weakness
- Post natal continence problems

Suggested investigations prior to referral:

- MSU
- Abdominal examination

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Our Service

Led by Lesley Thurston Advanced Urology Nurse Practitioner and Penny Jarrold, Specialist Physiotherapist in Pelvic Floor Dysfunction at Newport Pagnell Medical Centre.

Accepting GP referrals since April 2007

Covers Milton Keynes patients.

The clinic assists with the diagnosis and management of benign prostate hyperplasia and **male** bladder outlet obstruction,

female patients with symptoms of mixed urinary incontinence, pelvic floor weakness, mild vaginal prolapse and bladder outlet obstruction

The clinic follows NICE guidelines for the management of urinary incontinence in women (2006) and EUA guidelines on benign prostatic hyperplasia (2008)

Referrals are accepted via choose and book or the female continence therapy proforma

Appointments are usually within 2 weeks of referral

Exclusions:

- Under age 16 years
- Patients with poorly controlled diabetes mellitus
- Frank haematuria: Refer via 2 week wait proforma to one stop haematuria clinic
- Men with raised PSA: Refer via 2 week wait proforma
- Suspected pelvic mass: Refer via 2 week wait proforma



Contacts:

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Medical Secretarial Team

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COMMUNITY UROLOGY SERVICE

NEWPORT PAGNELL MEDICAL CENTRE

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