

Your first
appointment
with Professor
Malone-Lee



Chronic UTI Info Factsheet Series

Your first appointment with Professor Malone Lee or his team will be held in clinic at the Hornsey Neighbourhood Central Health Centre or in his private consulting rooms at 10 Harley Street. Please allow yourself plenty of travel time and as both clinics are so busy it is possible that your appointment start time may not commence on time but be patient. There is also free car parking on site at the Hornsey centre.

Before the start of your appointment you will be asked to provide a sample so that your urine can be analysed to check your levels of epithelial cells and white blood cells. Try not to drink too much before your appointment so that your urine is not too dilute. This urine microscopy is not the same as providing a urine analysis for culture so you will not be advised as to the bacteria in your bladder or antibiotic sensitivities. The white blood cells indicate inflammation in the bladder indicative of infection and the epithelial cells are the natural response of the immune system trying to rid the body of the infection. The Professor and his team prefer to base diagnosis and treatment on patients' symptoms and this urine analysis.

Existing medications including bladder related antibiotics do not need to be stopped before your appointment.

Please let Prof/the team know if you are on your period. Again, this will not affect the analysis.

When your appointment starts, you will be asked about your bladder history & symptoms. You may wish to email in advance a short bladder history for the Professor and his team to read. If so, include the following:

- ✓ When and how did your symptoms start?
- ✓ What are your main symptoms?
- ✓ What medications have been prescribed in the past by GPs and any current medications you are taking?
- ✓ Any specialist referrals and treatments carried out along with medications prescribed
- ✓ Any allergic reactions to medications?
- ✓ Any other existing medical conditions and medications prescribed for these

Your bladder story should be sent to the LUTS email address if you under NHS care. If you are a private patient, send to the Ten Harley street email address. Both are at the end of this factsheet. Take a copy with you to the appointment in case it has not been added to your patient file.

During your appointment, the following questions may be asked alongside others not listed:

- ✓ How many times a day do you urinate?
- ✓ Do you get up in the night to urinate?
- ✓ Does it hurt when you urinate?
- ✓ Is there pain as the bladder refills?
- ✓ Does the pain radiate out and where?
- ✓ Do you leak when you cough/sneeze?
- ✓ Can you make it to the toilet when you put the key in the lock?

You may be asked up to 20 questions as part of the consult. Your lower abdomen and kidneys may also be examined.

You will be afforded the time to discuss your symptoms, bladder history and his methods of treatment. Ask lots of questions especially if anything is not clear. If needs be, make your own notes.

Based on the answers you provide to his symptom checker questions and the urine microscopy, your starting antibiotic treatment will be determined and a prescription issued. You must advise of any issues you have experienced to previously prescribed antibiotics so they are aware of this for patient safety records and can prescribe accordingly. Additionally, always advise of any other medical conditions you may have and medications that are prescribed for these. If at all in doubt at any stage of the consult about your treatment protocol, voice your concerns or queries.

At the end of your appointment, you will be given a prescription and will be advised of any potential side effects of your medication and asked to contact them immediately should any reactions occur.

It is always worth asking whether the medications prescribed can be increased in dosage should you flare before contacting the clinic if this increase in dosage is not successful. Ask for this to be put in your post appointment letter that your GP will receive so you have guidance at home.

A letter will be given to you at the end of your appointment which your GP will also receive and you will receive a new letter each time you see him (as will your GP). The letter contains detailed information about your infection and treatment programme and can run to several pages. The analysis of your urine will be plotted on a graph and updated at each appointment. Always ask for a copy of this graph for your own records. The plot of the graph is often called a "damped oscillation" which reflects the reaction of the immune system and white blood cells to the treatment regime. The Professor can explain more at each appointment.

A follow up appointment will be scheduled for between eight weeks to twelve weeks from your initial appointment whilst you are in your appointment.

The team will ask you to keep in regular email contact with them especially in the early days of treatment where symptoms may worsen. The team are completely used to these chronic infection bacterial reactions to treatment and treatment guidance will be provided to you and your GP in the form of an email/letter. Antibiotics may be changed, particularly if there is a reaction or dosages increased. Patients may have to revisit the clinics for a urine check so further travel may need to be organised.

Please note the Professor and team cannot offer blood tests or vaginal or penile swabs to check for candida or other fungal or bacterial infections. You will be asked to contact your GP for these tests.

A pharmacy is on the ground floor of the NHS clinic building at Hornsey and it is recommended that you visit this pharmacy after your first and subsequent NHS appointments as they always keep in stock the medications he prescribes.

This will enable you should be able to obtain the medications without delay.

For international patients, a visit to a UK pharmacy during your stay may be best as medications are often either not available in the same strength or available at all in your home country.

If you are a private patient, your private prescription can be completed at your local pharmacy or via your GP if they are happy to prescribe on the NHS based on the letters they will receive from him. Always take a copy of your latest letter issued at your appointment when seeing your GP, it will list your new or ongoing medication regime and the reasoning behind it so your GP has background. However, this is not guaranteed as some prefer that all antibiotic management and treatment is monitored through his clinic directly.

RESOURCES

Hornsey Medical Centre – map and directions

<http://www.nhs.uk/Services/clinics/MapsAndDirections/DefaultView.aspx?id=90175>

Ten Harley Street – map and directions

<http://www.tenharleystreet.co.uk/find-us/>

Email

NHS: lutscommunityadmin.whitthealth@nhs.net

Private/International: profjmlclinic@tenharleystreet.com

Telephone

NHS: 0203 074 2256

Private/International: +44 7568 403211