

The children's one-stop bladder clinic

This leaflet gives information about the children's one-stop bladder clinic to which your child has been referred.

What is the children's one-stop bladder clinic?

The clinic has been set up to provide a more efficient service for you and your child by assessing your child's bladder function at the same time as the doctor's appointment. This means fewer appointments and more rapid diagnosis and treatment.

Who will I see in the clinic?

Your child will be assessed by a paediatric consultant or registrar and a clinical nurse specialist.

What will I need to do before my clinic appointment?

If your appointment letter has asked you to complete a bladder and bowel diary you should complete this as directed a few weeks before during a convenient time. This diary is very useful in helping us diagnose and treat your child.

As we would like your child to pass urine in clinic it would be useful to ensure that they have had a couple of drinks prior to coming up to clinic.

Where do I need to go?

The clinic is run in Penguin outpatient unit, St Thomas' Hospital. You should register on arrival. A nurse will then check your child's height, weight and blood pressure before passing you on to a specialist nurse.

How long do I expect my appointment to last?

Appointments can last for a number of hours as we may need to assess your child's bladder function. We do this by asking them to pass urine in a special toilet called a 'uroflow'. As you are likely to be at the appointment for a number of hours please plan accordingly.

What do I need to bring with me?

Please bring anything that will help us understand your child's problems better, including a list of any medication, or information that may not have reached the consultant prior to the appointment.

As the appointment can take a few hours, you may want to bring something for you and your child to do whilst waiting. There are several activities for your child to enjoy in Ocean, including a slide, video game consoles, play corners and art work. A play specialist is on hand.

As we may need your child to pass urine a few times during the clinic, please bring any drink that they particularly like. We provide water and there is also a café selling drinks and snacks in the outpatient department.

What can I expect in clinic?

On arrival you will meet one of our specialist nurses who will encourage your child to drink and tell you where the special toilet is. We will require your child to pass urine on our uroflow more than once, after which your child will have their bladder scanned to see if they have left any urine behind.

We may ask you to complete questionnaires about your child. A number of other tests may also be done if necessary, including:

- blood tests
- X-ray or ultrasound.

Once the assessment is complete, the information will be given to the doctor, and you will then have the opportunity to explain any problems and ask questions. After your child has been examined, the doctor will explain what they feel the problem is.

What happens then?

The doctor will discuss possible treatment and a management plan. Follow-up will be discussed with you and agreed.

Useful sources of information

ERIC (Education and Resources for Improving Childhood Continence). There are a number of helpful leaflets on the ERIC website for both you and your child.

t: 0845 370 8008 (helpline, Monday to Thursday, 10am-2pm)

w: www.eric.org.uk

Contact us

If you have any questions or concerns about your appointment, please contact the bladder secretary, **phone** 020 7188 4662, Monday to Friday, 9am to 5pm. If you would like more information about the contents of this leaflet, please contact the clinical nurse specialists, **email** gstt.evelinabladdernurses@nhs.net

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **website** www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, **phone** 020 7188 3003, Monday to Friday, 10am to 5pm

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **phone** 020 7188 8801 **email** gstt.pals-gstt@nhs.net

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please contact the service your child is seeing.

NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day, **phone** 111 **web** www.111.nhs.uk

NHS website

This website gives information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing, **web** www.nhs.uk

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

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Leaflet number: 4126/VER3

Date published: July 2023

Review date: July 2026

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A list of sources is available on request