

Your first
appointment
with Dr. Susie
Elneil



Chronic UTI Info Factsheet Series

Your first appointment with Miss Elneil and team will be held in clinic at her NHS clinic at University College London Hospital or in her private consulting rooms in London, the relevant details of which will be sent to you by email or letter and are also at the back of this factsheet. Please allow yourself plenty of travel time and as both clinics are so busy, it is very likely that your appointment start time will not commence on time - be patient.

During your NHS appointment, you will be asked to provide a sample so that your urine can be analysed by the cytology department to look for markers of infection (white blood cells, red blood cells, protein, nitrates and/or bacteria).

Try not to drink too much before your appointment so that your urine is not too dilute. For private patients, you will be asked to provide a sample at the Doctor's Laboratory at 76 Wimpole Street in London either post appointment or on a day to suit you.

Existing medications including bladder related antibiotics do not need to be stopped before your appointment but mention during your appointment that you are on antibiotics in case they want you to stop them and retest or it needs to be noted on instructions sent with your sample for analysis.

Please let them know if you are on your period for the same reason.

When your appointment starts, you will be asked about your bladder history & symptoms alongside any other gynaecological issues you have.

You may wish to email in advance a short bladder and gynaecological history. 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 history should be sent to the NHS email address if you are under NHS care. If you are a private patient, send to the private 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, a detailed history of symptoms will be taken (if not already provided in advance) and your lower abdomen, back and kidneys may be examined.

Ask lots of questions especially if anything is not clear.

Based on the answers you provide and the later results of the urine analysis your starting antibiotic treatment will be determined and a prescription issued. The antibiotic treatment is not based on the analysis results alone, your symptoms are also important to build a treatment pathway.

She will also advise on any further tests or investigations required either for bladder or gynaecological issues.

You must advise of any problems you have experienced to previously prescribed antibiotics or medications 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 or be advised when the prescription will be sent to you and an outline of any potential side effects of your medication will be explained and you will be asked to contact them immediately should any reactions occur. If they don't outline any side effects, ask.

Make notes at your appointment as there can be a delay before you receive any clinic correspondence.

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 and ask that you receive a copy of all correspondence.

A follow up appointment will be scheduled whilst you are at your NHS clinic appointment for a further urine cytology after 4 weeks and a follow up appointment after 6 weeks. For private patients, you must contact her secretary to make this.

Further tests may also be organised such as scans or x rays to investigate both your bladder and other gynaecological issues if she feels this is necessary and the organisation of these will be scheduled at the end of your appointment.

However, if you have previously had any investigative procedures and have the results of these, she is happy to treat based on symptoms and urine analysis.

RESOURCES

Email:

NHS: Urogynaecology@uclh.nhs.uk (mark for the attention of Miss El Neil)

Private/International: elneil.pa@btconnect.com

Telephone:

NHS: 020 3447 9411(patient enquiries)

Private/International: 020 7387 7055

Address:

NHS:

University College Hospital London,

Urogynaecology & The Female Pelvic Medicine and Reconstructive Surgery

Elizabeth Garrett Anderson Wing, Clinic 2 Lower Ground floor, 235 Euston Road

London, NW1 2BU

Private:

16 Devonshire Street London W1G 7AF