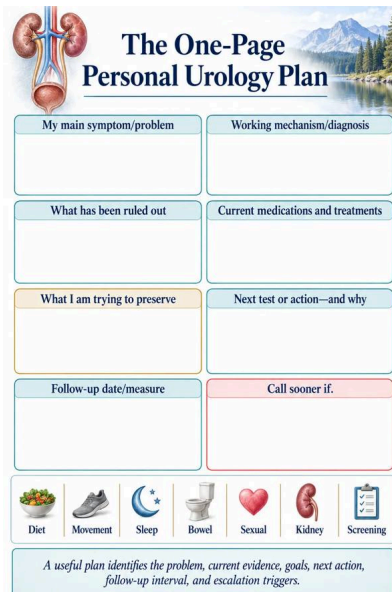


Your personal urology plan: one page to guide your care

A personal urology plan connects each problem to the mechanism being tested, the function you want to preserve, the next action, the person responsible and the date the loop will close. It should fit on one page, be updated as evidence changes and always include the warning signs that override the routine schedule.



The One-Page Personal Urology Plan

My main symptom/problem	Working mechanism/diagnosis
What has been ruled out	Current medications and treatments
What I am trying to preserve	Next test or action—and why
Follow-up date/measure	Call sooner if.

 Diet
  Movement
  Sleep
  Bowel
  Sexual
  Kidney
  Screening

A useful plan identifies the problem, current evidence, goals, next action, follow-up interval, and escalation triggers.

Figure 51.1. The One-Page Personal Urology Plan. A useful plan records the problem, current evidence, goals, next action, follow-up interval, and signs that should prompt earlier care.

Key points

- A plan is more than a list of diagnoses; it is built around the next decision.
- Write tests as questions: “repeat residual to confirm safe emptying,” not just “residual.”
- Every action needs a person and a date, and a plan for what happens if no one calls.
- Warning signs should be specific to your condition while keeping universal red flags.
- Date each version and keep source reports separately; protect the page’s privacy.
- The plan belongs to you but is built with clinicians; it never replaces urgent care.

Get prompt care if you notice

- With a stone: fever, vomiting, reduced urine output or uncontrolled pain
- After a procedure: heavy bleeding, inability to urinate, a change in the wound or shortness of breath

Questions to ask your urologist

- What is my working diagnosis, and what uncertainty remains?
- What is the next action, and what question will it answer?
- Who is responsible for arranging it, and by when?
- Which result would change the plan?
- Which symptoms mean I should seek care before my scheduled follow-up?

