

How to prepare for a urology appointment: what to bring

A productive urology visit begins with one clear sentence: the main problem, how long it has been present and what has changed. Bring the timeline, the medication list and the relevant records, and leave with a working diagnosis, the next step, the reason for it and a follow-up date.

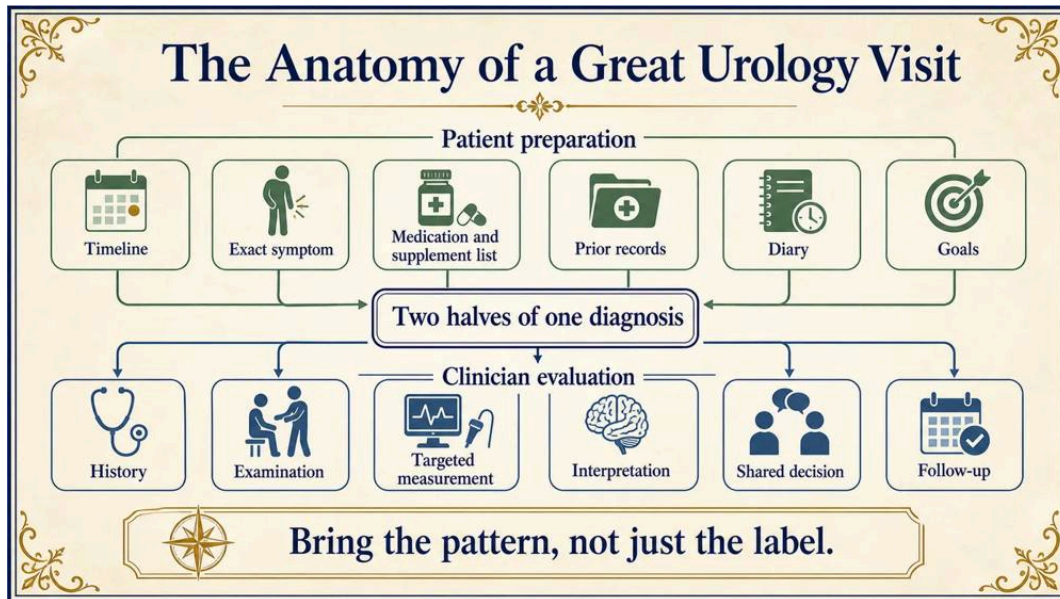


Figure 3.1. The Anatomy of a Great Urology Visit.

Key points

- Open with your main concern so it is not lost at the end of the visit.
- Timing and pattern are often more revealing than severity.
- Bring every prescription, over-the-counter medicine, supplement and hormone you take.
- A two- or three-day bladder diary can be more useful than an early scan.
- Sexual symptoms are medical topics; mention them even if you are not asked.
- Every test should answer a question that could change your treatment.

Questions to ask your urologist

- What do you think is most likely causing my symptom, and what alternatives remain?
- Is there anything dangerous that needs to be excluded?
- Why are you ordering this test, and what will we do differently depending on the result?
- What happens if I choose observation?
- How will we know whether treatment is working?
- When should I contact you sooner, and who will contact me with results?