

Before Your Urology Appointment

Outside records and imaging are often the key to avoiding delays.

Outside Houston Methodist? Bring it with you.

If any imaging, labs, biopsy/pathology reports, or urology records were done outside Houston Methodist, please bring them to your appointment. Please bring the **actual imaging** on disc or USB plus printed reports/records when available.

Do not rely on faxing or outside offices

Faxing records, calling other offices, or requesting records at the time of the visit is often unreliable. Records may not arrive in time, may be incomplete, or may delay your care.

What to bring, if done outside Houston Methodist

- **Actual imaging** on disc or USB: CT, MRI, ultrasound, X-ray, PET scan
- **Printed imaging reports**
- **Prior urology records**
- **Primary care or referring doctor notes**
- **Operative reports**
- **Pathology or biopsy reports**
- **Recent lab results**, such as PSA, kidney function, urine tests, or tumor markers
- **Current medication list**, especially blood thinners

Important imaging note

For many urology conditions, the doctor needs to personally review the **actual images** - not just the report. Please ask the imaging center or hospital for a disc or USB before your appointment.

Before the appointment

Please contact your primary care doctor, referring doctor, prior urologist, imaging center, or hospital and ask for printed records and imaging on disc or USB if those items were completed outside Houston Methodist.

Bringing these items yourself is the best way to avoid repeat testing, rescheduled appointments, or delays in important treatment decisions.

How Our Clinic Works

Care moves faster when testing and clearances are completed before follow-up or surgery.

Shared responsibility

Our office places orders and provides instructions. Patients are responsible for completing testing, scheduling imaging, and helping obtain outside clearances or records when needed.

Imaging orders

If your doctor orders imaging, our office places the order.

Patients are responsible for scheduling their own imaging appointment. Our clinic does not schedule imaging appointments for patients.

Please call the scheduling number provided to you and complete imaging before your follow-up. Missing imaging may delay your care plan or require rescheduling.

Lab orders

Our clinic does not draw labs in the office. If labs are ordered, they are usually sent to **Quest Diagnostics**. You may complete labs at the outpatient center on our campus, if available, or at any Quest location.

Please complete labs before your follow-up when instructed.

Surgery and medical clearances

If surgery is recommended, you may need clearance or instructions from your primary care doctor, cardiologist, pulmonologist, or other specialists.

This is especially important if you take blood thinners or have heart, lung, or other major medical conditions.

Our clinic will make reasonable attempts to request needed information. However, **the final responsibility is on the patient** to contact their doctors and make sure clearances, blood thinner instructions, and medical optimization are completed on time.

Medication safety

Please do not stop blood thinners or other important medications unless you have been specifically instructed to do so by your doctor.

Why this matters

- Delayed diagnosis or treatment decisions
- Repeat testing
- Surgery postponement or cancellation
- Rescheduled appointments

Thank you for helping us keep your care safe, organized, and efficient.

Urology vs. Nephrology

Kidney problems can require different types of specialists.

The right specialist helps avoid delays

Urologists and nephrologists both care for kidney-related problems, but they focus on different issues. Urology is mainly the **plumbing and surgical side** of the urinary system. Nephrology is mainly the **medical kidney function side**.

Urology

The plumbing and surgical side: urine drainage, stones, blockage, urinary symptoms, masses, cancer, and urologic procedures.

Nephrology

The medical kidney function side: kidney filtering, creatinine/eGFR, protein in the urine, electrolytes, blood pressure, and dialysis planning.

Urology commonly treats

- Kidney stones
- Blocked kidneys or ureters
- Hydronephrosis, or kidney swelling from poor drainage
- Blood in the urine
- Kidney masses or kidney cancer
- Bladder tumors or bladder cancer
- Prostate enlargement and urinary symptoms
- Urinary retention
- Testicular or scrotal problems

Nephrology is usually for

- Chronic kidney disease, or CKD
- Decreased kidney function or abnormal eGFR
- Elevated creatinine
- Protein in the urine, also called proteinuria or albuminuria
- Medical kidney disease from diabetes or high blood pressure
- Electrolyte problems related to kidney function
- Dialysis planning or kidney failure management

If you were referred to urology

We will review the referral and decide whether there is a urologic issue we can help manage. If the problem is mainly CKD, proteinuria, elevated creatinine, or kidney function, we may recommend follow-up with your primary care doctor or a nephrologist.

Our goal is to make sure you are seen by the right specialist for the right problem, so your care is not delayed.