

Urology Consult Protocol- Advanced Urology Institute at Titus

In addition to anything pertaining to diagnosis, include H&P, labs, abdomen/pelvis imaging (US, CT, MRI).

Elevated PSA Protocol:

1. Current PSA showing an elevated value.
2. All past PSA blood tests for comparison

Overactive bladder Protocol:

1. Urinalysis with micro
2. Urine culture
3. Bladder ultrasound
4. Patient must have tried and failed at least one anticholinergic medication (e.g., Detrol, Vesicare, Oxybutynin), or Myrbetriq.
5. Patient should be on a CAPA free diet

BPH Protocol:

1. Urinalysis with micro
2. Urine culture
3. PSA
4. Bladder US
5. Patient should be on a CAPA free diet.

Hematuria Workup Protocol:

1. Urinalysis with micro
2. Urine Culture
3. PSA (MEN >55 y.o.)
4. BMP
5. CT abdomen and pelvis pre and post IV contrast with immediate, early and delayed films (CT Urogram)

UTI:

1. Multiple documented POSITIVE Urine cultures
2. PSA (Men >55 y.o.)
3. BMP
4. CT abdomen/pelvis WITHOUT contrast
5. Bladder US

Kidney/Ureter Stone Protocol:

1. Urinalysis with microscopy
2. Urine culture
3. BMP
4. CT Stone Protocol (CT Urogram ideal if renal function permits)

(A renal ultrasound is not an adequate to workup nephrolithiasis. We need a CT abdomen/pelvis prior to visit, confirming the presence of a stone, hydronephrosis or blockage).

Hydrocele/Spermatocele

1. UA with micro
2. Urine Culture
3. Scrotal US

Low Testosterone/Hypogonadism

1. Testosterone levels
2. PSA
3. CBC
4. LH, FSH, prolactin level

History of Malignancy (prostate/bladder/kidney/testicular)

1. Diagnosing physician notes
2. Imaging showing mass
3. Operative report
4. Pathology report

CAPA Free Diet

Avoid These Products!!

C= Caffeine

A= Alcohol

P= Peppers/Spicy Foods

A= Acid

Caffeine Products

Coffee

Tea

Caffeinated Sodas

Chocolate

Acid

100% Apple, Orange, Grapefruit, Cranberry juice

Carbonated Beverages

Oranges/Pineapple

Strawberries/Cherries/All Berries

Grapes/Prunes/Raisins

Horseradish/Sweet Relish

Honey/Molasses/Mustard

Salad Dressings/Vinegar

Lemons/Lemonade

Tomato Juice/Paste/Ketchup/Sauce/Soup

Peppers

Bell Peppers

BBQ Sauce

Chili

Cocktail Sauce

Hot Chili Peppers/Hot Sauces/Jalapenos/Onions/Tobasco Sauce

Alcohol

Beer- Any Variety

Wine- White or Red

Hard Liquors