



The clinic is Co-Directed by:

- **Dr. Lindsay Hampson**
Adult Reconstructive
Urologist
- **Dr. Hillary Copp**
Pediatric Urologist

What is the Lifetime Congenital Urology Program (L-CUP)?

The Lifetime Congenital Urology Program (L-CUP) was created to serve patients with urologic conditions diagnosed in childhood as they become adults and need to transition to an adult urology practice. It is run jointly by pediatric and adult urology in order to provide comprehensive long-term followup and healthcare for patients with congenital urologic conditions.

What patients do we see?

- Spina bifida
- Neurogenic bladder
- Neurogenic bowel
- Bladder exstrophy or epispadias
- Intersex or differences of sexual development
- Cloacal anomalies
- Vesicoureteral reflux
- Hypospadias
- Prune belly syndrome
- Posterior Urethral valves
- Urologic cancers diagnosed in childhood
- Any other long-term urologic problem diagnosed in childhood

Location

400 Parnassus Ave
6th Floor, Suite A610
San Francisco, CA 94143

UCSF parking is available at:
500 Parnassus Ave, San Francisco, CA 94122
Valet parking is available outside of 400 Parnassus Avenue at no additional cost (garage fees still apply)

Maps, directions, and public transit information can be accessed at:
<https://www.ucsfhealth.org/locations/parnassus>

Hours

Clinics are held on the third Tuesday of each month
from 8:00 am to 5pm

To make an appointment:
Call 415.353.2200

To learn more:
https://urology.ucsf.edu/transitional_urology_clinic



Our mission is to provide the highest quality care for patients diagnosed with complex urologic conditions.

Clinic Information

- All **new** patients are seen by both a pediatric and adult urologist, and cases are discussed by a multi-disciplinary group of pediatric and adult urologists in a Lifetime Congenital Urology Case Conference before clinic
- Follow up visits will be with Dr. Hampson and pediatric consult as needed

How can you get the most out of your Visit?

- Write down questions and concerns
- Bring a list of your medications
- Coordinate tests and procedures with your clinic appointment
- Have or bring an advocate who can help ensure your questions are getting answers, concerns are addressed, and information is understood
- Come ready to tell us about your concerns and have a dialogue with us

Visit Information

- We will ask you to fill out some questionnaires at all visits
- The new patient visit will last about one hour with the Lifetime Congenital Urology team, and will be done remotely--via video--for your convenience
- During your initial consultation, we will determine whether you need additional imaging, testing, exams, etc.
- All follow up visits are typically 30 minutes with Dr. Hampson.
- You can bring your family into the room with you, although we do ask them to step out while we do the physical exam unless you request that they stay in the room
- Many appointments can be scheduled for video visits to minimize trips to the hospital
- All imaging and labs can be done at your local clinic

What do we expect of you?

- Keep appointments and arrive on time.
- Cancel appointments at least 1 week prior to scheduled visit
- It is our clinic policy that after 3 no-show visits, you will not be able to schedule any future visits with our clinic.
- Know your therapies and medications
- Contact us when you experience changes in your health
- Write down questions and concerns
- Coordinate tests and procedures with your clinic appointment
- Sign up for MyChart to communicate with office quickly

What can you expect from us?

- A Summary of your visit
- An updated list of your medications
- Information about your health, preventive care, and treatment plans
- Response to your phone calls or My-Chart messages in a timely manner

Research

Are you a person or caregiver for someone with spina bifida, bladder exstrophy, or another congenital urologic condition? We are interested in improving quality of life and clinical care among congenital urology patients. Please contact us if you are interested in participating in research related to congenital urology by emailing Lindsay.hampson@ucsf.edu

Mychart: This is a confidential way to access your care team and medical information online. If you need help getting started, contact My-Chart Customer Service at (415) 514-6000. We're available 24 hours a day, seven days a week.

<https://www.ucsfhealth.org/mychart>



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