**UCSF Department of Urology**

**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 extrophy 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

**The clinic is Co-Directed by:**

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

**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
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

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

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 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 extrophy, 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