

Haematuria Clinic

You have been referred to this clinic because you have either seen blood (Haematuria) in your urine (visible haematuria) or your urine has evidence of blood on a urine dipstick test (nonvisible haematuria).

This leaflet has been designed to inform you about your condition and related procedures and to answer some of the common questions. If you have any further questions, please speak to a doctor or nurse caring for you.

What is haematuria and what are the causes?

Haematuria is the presence of blood in your urine. There are various conditions and diseases that can cause haematuria. In most cases haematuria resolves itself without treatment or any effect on your health.

Some common causes are:

- Infection in the kidney, bladder and / or prostate (in men)
- Stones in the bladder or kidney
- Inflammation of the kidney
- Enlarged prostate
- Cancer of kidney, bladder or prostate.

What can I expect when I attend my clinic appointment?

At the clinic you may be offered a combination of tests and assessments:

- **Blood test** - this is to check your kidney function
- **Urine sample** - this is to check for signs of infection
- **Physical examination** - with the patient's consent, this may involve a digital examination of your bottom (rectum) for men
- **Full medical history questioning**
- **Imaging** (this may include one or more scans):
 - **Ultrasound of the kidney, ureter and bladder (USS)**
Gel is applied to your abdomen and sides then a probe is placed over your skin and an image of your renal tract is seen. You will need to drink at least one litre of fluid in advance. Please come prepared with a full bladder. If not, this will delay your scan or it may not be possible to continue.
 - **CT of the bladder and kidney or intravenous urogram**
A CT scanner is a doughnut shaped machine. You will be passed through the CT scanner to have images taken. This will involve a small amount of

dye injected into the vein which allows the scan to take a better image of the urinary tract.

Diabetic patients will be given special instructions to follow.

Pregnant women should not have this scan. If you are pregnant, please inform the imaging staff.

- **Flexible cystoscopy**

This procedure allows the clinician to take a closer look into the bladder and to see whether there are any abnormalities.

You will be asked to change into a hospital gown and be accompanied by a nurse while you are having the procedure. An anaesthetic gel will be used to numb and lubricate the urinary passage before a fine straw size telescope is passed through your urethra and into the bladder.

During the procedure sterile water will be used to fill your bladder which allows the lining of the bladder to be inspected.

The procedure takes about five minutes. It can be uncomfortable, but not painful.

What happens after the cystoscopy?

Following the cystoscopy you will be informed of the findings of the procedure. Depending on the test results, you will be told whether you need further investigations. You will be asked to pass urine before you are allowed home.

The appointment might take at least three to four hours as there may be times when you will be waiting between investigations. It is not necessary for you to be accompanied to this appointment.

Please do not hesitate to ask questions if anything is unclear. Your GP will be sent a letter.

What do I need to do when I go home?

Drink extra fluid. You may see blood in your urine for a few days but please don't be alarmed as it is normal after a cystoscopy procedure. You might feel a mild burning sensation and experience increased frequency passing urine but these symptoms should settle within 48 hours. If you develop high fever or severe pain on passing urine or an inability to pass urine, please seek medical help.

PLEASE DO NOT HESITATE TO CONTACT YOUR UROLOGY TEAM OR SEE YOUR GP AS THERE IS A SMALL RISK OF DEVELOPING A URINE INFECTION

Useful sources of information

The British Association of Urological Surgeons

What should I do if I have blood in my urine?

https://www.baus.org.uk/patients/conditions/2/blood_in_the_urine_haematuria

Who do I contact if I have questions?

Urology Team via switchboard **Tel:** 020 8672 1255

Clinical Urology Nurse Specialist: **Yanee Ramtohol** **Tel:** 020 8725 3182 (Monday to Thursday.)

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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