

Blood in the Urine (Haematuria)

Information for patients, relatives and carers

Urology Clinic
Malton Diagnostic Centre

Malton Diagnostic Centre
Malton Community Hospital, Middlecave Road, Malton, YO17 7NG

① For more information, please contact:
The Contact Centre Telephone: 01904 72 64 00
York Hospital, Wigginton Road, York, YO31 8HE

Introduction

Your GP has referred you to the Urology service as you have blood in your urine; either visible or detected on a urine dip stick.

There are many reasons for blood in the urine: infection of the bladder or kidney, stones or less commonly, from the prostate gland in men. For a small group of patients, haematuria can be a first sign of cancer and therefore, it is important to investigate this thoroughly.

For the great majority of patients, no cause is found, but crucially, the tests provide reassurance that no further action is required.

What tests and investigations can I expect to have?

Please come to your appointment with your bladder comfortably full as you will be asked to provide a urine sample. We will test this, and you may be offered an antibiotic if we feel you are at risk of infection. You will require two tests: a scan and a camera inspection of your bladder with a telescope.

You will be invited to a scan appointment before the clinic; this is usually either a CT scan or an ultrasound scan. You will then require a further test on the day; a camera inspection of your bladder with a telescope.

Ultrasound scan

This test makes images of organs and structures inside the body using high-frequency sound waves. You will be lying down for this procedure. A clear, water-based gel is applied to the skin over the abdomen which aids transmission of the sound waves. The sound waves are picked up by a handheld probe which is moved over the abdomen. You may need to change position so that the technician can look at different areas, and you may be asked to hold your breath for short periods during the exam. The test usually takes less than 30 minutes.

CT scan

This test creates detailed images of the urinary tract using X-rays and a computer technology. You will be given an intravenous injection of contrast and will be lying on a table that passes into a large, doughnut-like ring. You will be asked to lie still whilst the scanning takes place. The test takes less than 30 minutes in total.

CT scans involve a dose of ionising radiation from the X-rays used and you should tell staff if you think you might be pregnant. Prior to receiving the contrast injection, you will need to have had a blood test in the last three months, and you should inform staff if you think you might have an allergy to contrast agents.

Camera inspection (flexible cystoscopy)

This involves passing a fine flexible telescope a bit like a catheter into the bladder through the urethra (water pipe) under local anaesthetic. The test can feel slightly uncomfortable, but most people are able to tolerate it without any problem. The test allows the specialist to inspect the inside of your bladder. The procedure lasts five to 10 minutes and you will be able to drive home or use public transport afterwards. You may wish to bring a friend or relative along with you for support.

This investigation is explained in more detail in an information leaflet which will be provided on the day. You can also find further information at www.baus.org.uk in the patients section under "I'm told I need", then "Bladder Procedures", then "Cystoscopy" then "Cystoscopy (flexible)".

Further treatment

Your urologist will discuss your results with you at the end of your appointment. You will either be discharged or offered a further treatment or investigation e.g. CT scan.

You and your GP will receive a letter detailing your consultation and treatment plan. Please tell the clinic staff if you do **not** wish to have a copy of your clinic letter.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact Janette Glowala, Senior Clinical Nurse Specialist, Urology, General Surgery and Urology, York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 72 69 78.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient <https://www.yorkhospitals.nhs.uk/coming-into-hospital/patient-information-leaflets/>

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