

HAEMATURIA

AN INFORMATION LEAFLET

Written by: Department of Urology

February 2019

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What Is Haematuria?

Haematuria means there is blood present in urine. You may have seen blood in your urine or it may have been detected by a simple test performed by your own GP or Practice Nurse, perhaps during a routine examination.

Haematuria is quite common and may not be serious. However, it should always be investigated because sometimes it can be due to a more serious problem.

Blood in your urine may be due to:

- Infection in the bladder or kidneys.
- A stone in the bladder, kidney or ureter (tube that carries urine from the kidney to the bladder)
- Injury to the urethra (tube that carries urine from the bladder to the outside of the body) or a Stricture (narrowing of the urethra)
- Bursting of a small blood vessel (the bladder has a very rich blood supply) or a blood-clotting disorder (possibly caused by your medication)
- A cancerous tumour in the bladder, kidneys or prostate.

It is, therefore, important that you attend the Urology clinic for the necessary investigations so that the cause of the haematuria can be diagnosed and treated.

What Are The Alternatives?

If the haematuria is not investigated and subsequently treated if appropriate, it may persist and cause problems of anaemia or allow any underlying condition to progress, which may affect your health.

What Are The Necessary Investigations?

When you attend the Urology Haematuria clinic;

- You will be asked to provide us with a urine sample. This will be tested for infection, as well as any abnormal cells which may be present in the bladder or kidneys.
- Blood samples may be taken (if your GP has not already taken them).
- A full medical history and details of your present condition will be taken.
- Any investigations to be carried out will be fully explained to you and a check list will be completed to ensure your safety and full understanding/informed consent before any tests are performed.
- A telescopic examination of your bladder (flexible cystoscopy) is performed with your verbal consent. Please read the specific leaflet about this procedure to inform you of the benefits and possible complications.
- X-rays or scans may be arranged for a later date.

On The Day of Your Appointment

You can eat and drink as normal before and after any of the procedures mentioned.

What Happens To Me When I Arrive At The Department?

Any procedures will be explained to you by the clinic nurse and any necessary documentation will be completed.

You will be asked to change into a gown before seeing the doctor or specialist nurse, who will be performing the investigations.

What Happens After The Investigations?

You will be able to carry on with all normal activities following any of the procedures mentioned above. If a flexible cystoscopy has been performed, you will be given aftercare advice.

Any necessary follow-up appointments or treatments will depend on the results of the investigations performed. If these are not available at the same clinic visit, you will receive a letter via the post informing you of the results and any follow-up required.

Other Useful Contacts or Information

If you have any questions you want to ask, you can use this space below to make notes to remind you.

Source

In compiling this information leaflet, a number of recognised professional bodies have been used, including the British Association of Urological Surgeons. Accredited good practice guidelines have been used.

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Health Information Centre on 0161 922 5332

If you would like any further information please telephone the Urology Nurse Specialists at your local Urology Department on:

Stepping Hill	0161 419 5695
Tameside	0161 922 6696/6698
Macclesfield	01625 661517

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Author: Urology Department
Division/Department: Elective Services
Date Created: 1998
Reference Number:
Version: Version 1.5