

The Haematuria Service

Department of Urology

Leaflet number 596 Version: 14

Information for Patients

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Introduction

Your doctor has referred you to the hospital for investigations. This referral has been made as you have had blood in your urine (also known as haematuria).

You will need to attend two appointments.

At the first appointment you will have an ultrasound scan.

At the second appointment you will have a flexible cystoscopy which is an investigation to look inside your bladder.

Why do I need to attend these appointments?

Blood in the urine may be caused by problems in the bladder, kidney or the urethra (water outlet pipe). There are many explanations for passing blood in the urine and we know that the risk of serious disease is not greater than one in five.

What preparation is required?

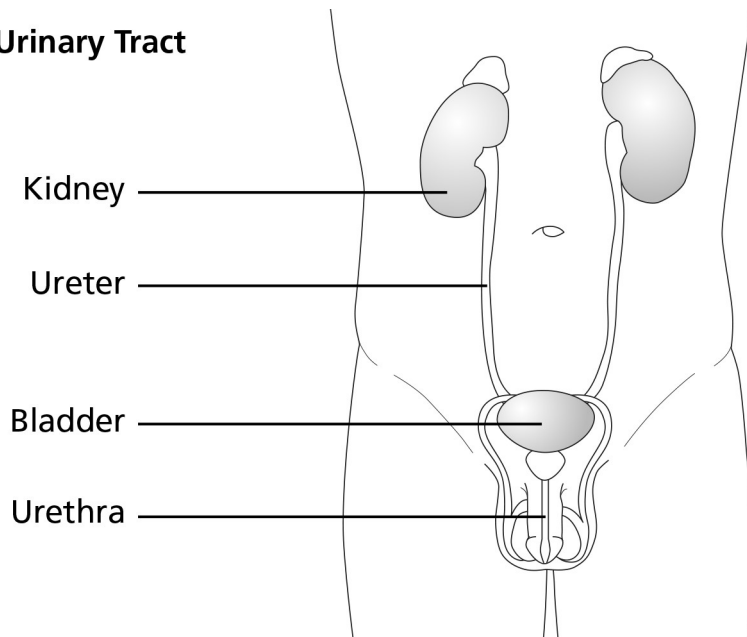
In preparation for your ultrasound, you need to have a full bladder (full instructions will be on your appointment letter). Apart from this, there are no special preparations.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

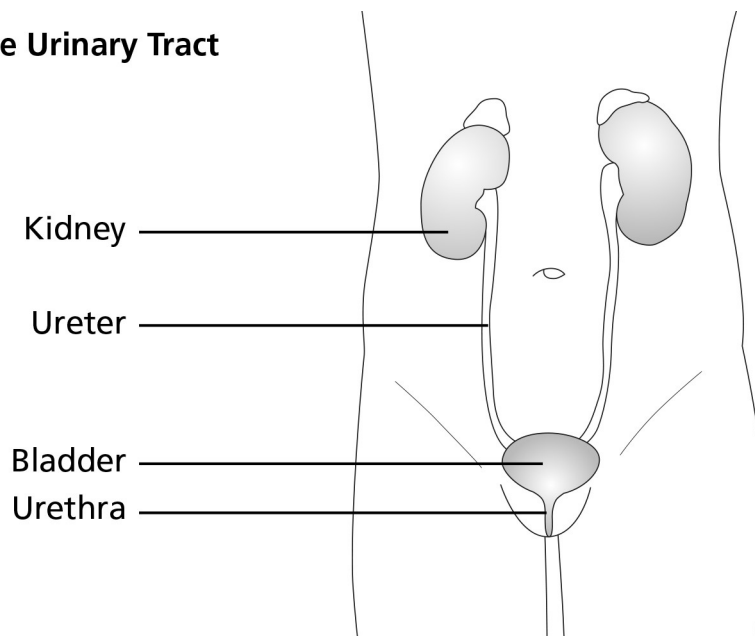
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To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Understanding your anatomy

Male Urinary Tract



Female Urinary Tract



What will happen at the first appointment?

Your **first** appointment will be at the Radiology Department at Leicester General Hospital.

On arrival, please report to Radiology Reception. You will have an ultrasound scan of your abdomen. The scan is performed by placing a warm gel over the area to be examined. This will not be painful. A probe will then be passed over the area. Ultrasound uses sound waves to 'see' inside the body, in an attempt to identify any abnormalities.

You will not be given any results at this appointment.

What will happen at the second appointment?

Your **second** appointment will be at the Urology Assessment Centre (Ward 28a) at Leicester General Hospital.

- On arrival, you should report to the Reception Desk in the Urology Assessment Centre. Please expect to be in the department for up to two hours.
- The nurse will welcome you and answer any initial questions that you may have.
- You will be asked to produce a urine sample. This may be sent off to be examined in the laboratories as part of your investigations.
- **Please do not bring in a specimen from home.**
- The nurse will fill in a questionnaire with you.

The questionnaire helps us to gain an understanding of the urinary symptoms you have experienced, and covers such things as:

- Have you ever seen blood in your urine?
 - When was the first time?
 - How often has it occurred?
- Before you have the cystoscopy you will be asked to sign a consent form. Please ask any further questions that you may have before you sign the consent form.

How is a flexible cystoscopy performed?

You will be escorted into the examination room where you will be asked to remove your lower garments and to lie on a couch.

A lubricating jelly will be applied to the urethra. A small telescope is passed along the urethra to the bladder. This allows us to look inside your bladder. The jelly allows the telescope to pass through the urethra more easily.

Some patients may experience some discomfort during the procedure, which takes about five to ten minutes.

After the investigations

Most people have no trouble after a flexible cystoscopy.

- We advise you to drink extra fluids.
- You may also see blood in your urine for a couple of days - please do not be alarmed.
- Mild burning on passing water and some increased frequency in passing water may occur, but usually goes away within 48 hours.
- You may be given some antibiotics which you should take as prescribed.

If you have a temperature, pain, persistent burning or bleeding, please contact us.

What happens next?

The answer to this question depends upon the results of the investigations performed. The results of these investigations will allow the specialist to advise you about any necessary further treatment, tests or appointments. This may include adding you to the waiting list for further surgery. If this is the case you will need to be pre-assessed before surgery: you will receive a separate pre-assessment appointment.

You may want to bring a relative or friend to any appointments you have.

Contact details

If you have any concerns or questions contact us directly using the following telephone numbers:

Booking clerks

(for enquiries about appointment times and dates)

Telephone: 0116 258 8138

Monday to Friday 9am to 3.30pm

Urology Assessment Centre/ Ward 28a

Telephone: 0116 258 4632

Monday to Friday 8:30am to 4:30pm

Ward 28 / 29

Telephone: 0116 258 4247 (24 hours)

Urology Oncology Nurse Specialists (Key workers)

Telephone: 0116 258 4637

Monday to Friday 9am to 4.30pm

