Rapid Access Haematuria Clinic

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Introduction

Your doctor has referred you to this specialist clinic because you have either seen blood in your urine or it has been detected when tested. Blood in the urine is called haematuria. It is important that this is investigated thoroughly to determine where the blood is coming from and what is causing it. When blood appears in the urine it could have come from anywhere along the urinary tract, that is the kidneys, ureters (the tubes from the kidneys), bladder or even the prostate gland in men.

It is important that we try and determine where the blood has come from and what has caused it so we can treat the problem. Often, all the investigations will prove that everything is normal and it can be reassuring to know that there isn’t anything that needs attention.

Your appointment

Once we receive the referral letter from your doctor you will be sent an appointment so that we can start to investigate the haematuria.

Your investigations will be performed over two visits.

First visit

This is primarily to arrange some tests to try to identify the cause of the haematuria. This is run by the nursing team you will not see a doctor until your second visit. The nurse will then arrange your investigations as follows.

Blood tests

We will need to arrange blood tests to check your kidney function. This is the simplest way of checking kidney function.
If you are male and aged 50 or over, we will need to do a blood test to check the activity in the prostate. This blood test is called PSA. PSA is a protein produced by the prostate and the level can be measured in the blood stream. There is no other test available to measure PSA.

**Urine tests**

A nurse will provide you with a large sterile container to pass urine into, so it is important that you have plenty to drink before you attend the clinic. The nurse will then divide the urine into two sterile containers. One urine sample is sent to the laboratory to be examined under the microscope for bacteria and infection, and to estimate the number of blood cells that may be in your urine. The other urine sample will be sent to a different part of the laboratory where it will be examined under the microscope for any abnormal cells.

**X-rays/scans (imaging)**

The specialist nurse will arrange for you to have a ultrasound scan of your kidneys. You will be asked to lay on a couch. The radiographer will put ultrasound gel over the kidney area. The radiographer will then use a scanning probe and glide this over your kidney area to scan both of your kidneys. The scan takes about 15-20 minutes to complete. It is a painless procedure and is similar to when a lady has a scan when she is pregnant.

**IVU (intravenous urogram)**

Sometimes, depending on your symptoms, it is necessary to arrange a dye X-ray of your kidneys rather than an ultrasound. This is called an IVU (intravenous urogram) This involves an injection of dye given into a vein on the back of your hand. The dye is transmitted to your kidneys via your blood stream. When the dye gets to your kidneys, the radiographer will take a series
of four X-rays and follow the dye into your bladder.

If an IVU is necessary, we will arrange for you to return a week later to have this done once we have the results of your blood tests. To make sure it is safe for you to have the injection of dye. Alternatively, we may request a CT scan which is a quicker test but has an increase in radiation dose. The correct test for you will be discussed with the nurse.

**Second visit**

During this visit we will be able to complete your investigations.

At this visit you will be meet a doctor who will give you the results of your urine and blood tests and X-rays/scans.

We will then need to perform a flexible cystoscopy. This is an examination of your bladder using a fine, flexible fibre optic telescope. We will need to do this examination even if all your other tests are negative. In preparation for this a nurse will take you into a changing room and you will be asked to change into a gown.

Please bring a dressing gown with you to wear over your procedure gown.

You will then be taken through to the endoscopy room where your consultant or one of his team will be waiting for you. You will be helped onto a trolley and the doctor or nurse will cleanse you down below with an antiseptic solution. Local anaesthetic jelly will be gently inserted into your water pipe (urethra). The doctor will gently insert the telescope into the waterpipe (urethra) and into the bladder. He/she will then inspect the whole of the bladder. The process takes about two minutes to perform.

Male patients will need to have a rectal examination to access their prostate.
Results
You will be able to discuss the results with the doctor.
It is sometimes necessary to arrange further investigations depending on the results of all these tests. You will have an opportunity to ask the doctor any questions that you need answering.

Information to your GP
After your second visit a letter will be sent to your GP outlining all your results and findings and the decision of any further investigations or treatment you may need.

Further information or advice
If you need any further information or advice you can ring one of the specialist urology nurses on 0121 371 6926.
Please use the space provided to write down any questions you may have and bring it with you to your next appointment.

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The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4957.

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