



**University Hospitals Birmingham**  
NHS Foundation Trust



# **Rapid Access Haematuria Clinic**

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[www.uhb.nhs.uk/patient-information-leaflets.htm](http://www.uhb.nhs.uk/patient-information-leaflets.htm)

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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 testing your urine. 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 come from anywhere in the urinary system; the kidneys, ureters (the tubes from the kidneys), urethra (water pipe), bladder or even the prostate gland in men.

It is important that we determine where the blood has come from and what has caused it so we can treat the problem.

Often, the investigations will prove that everything is normal and it can be reassuring to know that there isn't anything that requires attention. If abnormalities are identified, the medical staff will discuss their findings with you and arrange any further investigations required beyond this appointment.

## The appointment

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

### **The following investigations will be carried out:**

- Blood tests – The blood tests will check your kidney function and your blood count. If you are a male aged 50 or over, we will also check the activity of the prostate. This blood test is called prostatic serum antigen (PSA). PSA is a protein produced by the prostate and the level can be measured in the blood stream
- Urine tests – The nurse will provide a urine pot to pass urine into.

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The sample is to identify if there is any infection present in the urine

- Ultrasound – You will have an ultrasound scan of your urinary tract. You will be asked to lie on a couch. The radiographer will apply ultrasound gel and will then use a scanning probe to scan the urinary tract. The scan takes about 15 – 20 minutes to complete. It is a painless procedure
- Flexible cystoscopy – Is an examination of your bladder using a fine, flexible fibre optic telescope. In preparation, the nurse will ask you to change into a gown. You will then go into the endoscopy room where a doctor will be waiting for you. You will be asked to lie on a trolley and you will be cleansed around the urethra (water pipe) with an antiseptic solution. Local anaesthetic jelly will be inserted into your urethra (water pipe) to numb the area before the doctor gently inserts the telescope into the urethra and into the bladder. The whole bladder will be inspected. The process takes about five minutes to perform
- Male patients over 50 years will also need to have a rectal examination performed to access their prostate

## Results

You will be given the results of the ultrasound scan and the flexible cystoscopy on the same day. We will not have the blood and urine test results on that day but these results will be checked and if there are any concerns you will be notified.

It is sometimes necessary to arrange further investigations depending on the results of the tests completed. You will be informed about any further investigations required, further patient information will be supplied and you will be given the opportunity to ask any questions.

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## Information to your GP

A letter will be sent to your GP with the results of the tests performed and the decision regarding whether further investigations are required.

## Further information or advice

If you need any further information or advice, the urology specialist nurses are available on **0121 371 6926**.



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](http://www.uhb.nhs.uk/health-talks.htm) or call 0121 371 4323.

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