



**Greater Midlands Cancer Network**

**Patient information**  
**Rapid Access Haematuria Clinic**

## **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.

### **Important**

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; the kidneys, ureters (the tubes from the kidneys), the bladder, or the prostate gland (in men).

Often all the investigations prove to be normal which can be reassuring that there is no problem that needs attention. If a problem is discovered it is best found and if necessary treated.

### **What happens at my appointment?**

At your appointment you will be given a full explanation of what to expect during your visit and have an opportunity to discuss any concerns and ask any questions you may have.

You will be seen by a doctor or nurse who will ask you questions about any 'water work' symptoms you may be experiencing and details of any past medical and surgical problems.

We will need to know if you take any tablets. It can be helpful to bring a list of medication with you.

You will then be guided through a number of investigations:

#### **Urine Tests**

You will be asked to produce a specimen of urine which will be divided into three specimen bottles and sent for different tests. One will be sent to check for infection, the second will be looked at under a microscope to look for abnormal cells and the third will measure an amount of protein the kidneys excrete

#### **Blood Tests**

You will be asked to have a blood sample taken. Your blood will be sent to the laboratory to check for anaemia (low blood count) to check how well your kidneys are working and some men will be asked if they are willing to have their PSA checked (a prostate gland test).

## Physical examination

The doctor or nurse will perform a brief examination of your abdomen and genitalia (private parts). A rectal examination will be recommended in some men to assess their prostate gland

## X-rays

You will be asked to attend the x-ray department to have an 'Ultra Sound Scan'. This scan is painless and simply involves having a round ended probe coated with a jelly substance moved smoothly over your abdomen to obtain images (pictures) of your kidneys and bladder.

## Flexible Cystoscopy

This procedure is an examination of your bladder using a fine, flexible, fibre-optic telescope. This is gently inserted into your water pipe (urethra) after local anaesthetic has been administered to numb your urethra. This allows the doctor to inspect the inside of your bladder. This procedure takes place in a private room in a treatment suite and takes less than five minutes to perform.

## When will I get my results?

This clinic is run over one or two visits. Your results will be discussed with you once the tests have all been completed.

## What happens next?

It is sometimes necessary to arrange further tests depending on the results of the ones mentioned above. If a diagnosis is made which needs treatment you will be given a full explanation of all the details about the treatment and offered a date for your admission

## Who can I talk to?

Some people find the information given to them following a complicated clinic visit daunting and difficult to remember. Clinical Nurse Specialist's in Urology are available for you to call with any worries questions or problems. Please telephone on 01782 553820. (Answer machine available)

## Further Information

### University Hospital of North Staffordshire Macmillan cancer support and Information Centre

Open for drop in sessions: Monday – Thursday  
10am until 12.30pm and 2pm until 4pm. Friday  
by appointment only.  
Or telephone on 01782 554363 any time.  
(Answer phone available out of hours)

The **Patient Advice and Liaison Service** would be pleased to offer confidential advice and support if you have any concerns. PALS can be contacted on 01782 552814 or Email [patient.advice@uhns.nhs.uk](mailto:patient.advice@uhns.nhs.uk)

