

The one-stop haematuria clinic: information for patients

What will happen in the clinic?

Your doctor has referred you to the clinic because blood has been found or seen in your urine. The Haematuria Clinic is specifically set up for performing tests on your urinary tract to identify the cause of the bleeding.

Please note that it may take up to 3 hours to complete all the investigations required in the Haematuria Clinic. It is usually possible to perform all the tests required on the same day, but if it is not, then we will need to ask you to return on another day.

During your visit to the hospital we will arrange for you to see the specialist, undergo a CT or ultrasound scan, and have a flexible cystoscopy. We will also need you to provide a urine sample, so please come with a comfortably full bladder. You may also need to have some blood tests performed.

What is a CT scan?

The CT scan involves taking a number of X-rays of the body in cross-section; these are then analysed by computer to create detailed cross-sectional images.

You may eat and drink normally before your CT scan. The scan normally takes 30 minutes to perform and you may, during the examination, be given a drink or injection which allows particular areas to be seen more clearly. The injection, if used, may make you feel warm all over and give you a metallic taste in your mouth.

If you are allergic to iodine, have poorly-controlled asthma or diabetes, you could have a reaction to the injection. If you have any of these conditions, you must tell your specialist.

What does an ultrasound involve?

The ultrasound scan involves placing a warm jelly over the areas to be examined and scanning your kidneys and bladder with a probe which emits ultrasound waves. Scanning is performed through the skin and is completely painless. You should try and have a full bladder before the scan is performed as this means that we can gain the maximum information from the scan. At some point during the test, you may be asked to empty your bladder which you should do into the special container provided for you by the Clinic Nurse.

What does the flexible cystoscopy involve?

Your specialist will insert an instrument into the bladder via the urethra (the water pipe leading to the bladder). A local anaesthetic jelly is used to numb and lubricate the urethra to make passage into the bladder as comfortable as possible. Most patients experience some mild discomfort during the procedure but the majority do not find this troublesome; if you do feel uncomfortable at any time, you should inform the doctor immediately.

Once the instrument is in place, the examination will take only a few minutes to complete. Attached to the instrument are a telescopic lens, a light source and some sterile water to fill the bladder so the lining can be inspected. Once the doctor has completed the examination, the instrument will be removed and you will be informed of the findings and the need for any further treatment.

What happens afterward the flexible cystoscopy?

You will be able to walk to the toilet to pass the fluid that has been used to fill your bladder, just as if you were passing urine.

When you go home, you must drink plenty of fluid for the next 24-48 hours to flush your system through. You may find, when you first pass urine, that it stings or burns slightly for 3-4 days and that the urine may be slightly bloodstained. If you continue to drink plenty of fluid, this discomfort and bleeding will resolve rapidly.

Are there any other investigations?

In some patients it is necessary to perform some additional investigations such as blood tests. You will be directed to the correct place by the clinic staff if this is necessary.

Will I know the cause of my bleeding at this visit?

We will attempt to explain the cause of your bleeding at the time of your visit, although this is not always possible. You and your GP will be informed of the results of any outstanding investigations once they are available.

What if I have problems after my visit?

If you have any continuing problems regarding your visit, you can telephone the partnership on 0800 756 7771 or speak to your GP at his/her surgery.

PLEASE NOTE that, if you have continued bleeding after you have been investigated, you must let us and your GP know, even if we have given you the "all-clear".

Procedure Code for insured patients for the flexible cystoscopy: M4510



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For your peace of mind

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