

# Haematuria clinics

Department of Urology

## Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [rduh.pals-northern@nhs.net](mailto:rduh.pals-northern@nhs.net).

## About your appointment

Your GP has referred you to the Urology Department for further investigations into the blood you have reported in your urine. In order to save you repeated visits to the hospital, we have arranged a number of tests and assessment with your Consultant over the course of one day (sometimes it may not be possible). These tests include an ultrasound scan (jelly scan) and cystoscopy (a telescopic examination inside the bladder).

Visible blood in the urine (*Haematuria*) can be due to a number of reasons including bleeding from the prostate, infection, bladder or kidney stones. It can also be a sign of possible cancer in the bladder or elsewhere in the urinary system.

We will attempt to explain the cause of the bleeding at the time of your visit, although this is not always possible. However by the end of your appointment, you should know the results of your tests and whether any further tests are necessary.

## Preparation

None of the tests we will do require any special preparation. You may eat and drink as normal and take your usual medications. In regular circumstances you do not need to stop any blood thinning tablets like aspirin, warfarin, clopidogrel, rivaroxaban, dabigatran or apixaban for this procedure. There are no general anaesthetics or medications used which would interfere with driving.

It is likely that you will be at the hospital for between 2 – 4 hours to complete both stages of your appointment. Therefore, you may wish to bring either some refreshments or money for the Restaurant/Snack Bar.

Please also bring:

- A list of any tablets or medicines you are taking
- Your reading glasses and wear your hearing aid

## On the day

### Ultrasound scan

You will first be asked to attend the Radiology Department (level 2) for an ultrasound scan. Ultrasound scanning is one of the quickest and safest ways we have of examining the body and uses sound waves. The reflections or echoes of sound from inside the body are used to build up a picture of your body on a computer screen. Ultrasound has not been shown to have any harmful side effects in medical use.

It would be helpful if you could arrive with a *comfortably* full bladder, alternatively you may be asked to drink some fluids while you wait. This is very important for this scan. An empty bladder might mean that the scan gives misleading results or cannot be carried out at all.

You will be taken into the ultrasound room and asked to partly undress. Some gel is then placed on the part to be examined and the ultrasound probe is placed on and then moved over the surface to study the tissues below. The scan is painless, although you may feel some pressure as the probe is applied to get a better view. After the examination, which usually lasts about 5–10 minutes, the gel can be wiped off and you can get dressed.

### Cystoscopy

The second investigation is performed either in the Gemini Endoscopy Suite, level 0 or Outpatient Area D, Urology Investigation Unit (UIU), Level 2.

A cystoscopy is a quick and simple examination of the bladder using a miniature telescope called a cystoscope. The tube through which you pass urine (urethra) is also examined. The cystoscope can also be used for taking samples (biopsies) from the lining of the bladder. This procedure does not require a general anaesthetic.

You will be asked to empty your bladder prior to the procedure.

On arrival in the treatment room you will meet the clinician who will explain the procedure and you will have the opportunity to ask any questions. We will check that you feel informed and agree to have the procedure.

You will then be asked to lie flat on a trolley and made as comfortable as possible. For women this means lying as you would do for having a smear test. The doctor will then use a local anaesthetic jelly to ease the passing of the tip of the scope into the urethra (water pipe).

Men may be asked to try to pass urine when the instrument reaches the prostate gland. This will relax the sphincter muscle so the cystoscope can pass through more easily. This may sting a little.

Throughout the cystoscopy sterile water will be passed into the bladder to allow full view of the lining of the bladder wall. This will give you a 'full' sensation and the desire to pass urine.

The examination usually takes about 5-10 minutes.

After the test you will feel the need to pass urine and so will be taken straight to the toilet. You will be able to go home and do not need to rest afterwards.

## Complications

Most patients have no trouble or problems after their flexible cystoscopy.

You may have a mild burning pain on passing urine for a day or two. Drinking extra water can help with this. If a sample of tissue has been taken, you may have some slight bleeding but this is quite common.

An occasional problem after cystoscopy is infection.

If you have a temperature, pain, persistent burning sensation, bleeding or problems passing urine, please contact your GP.

## What happens next?

Following the cystoscopy, your clinician will discuss the findings of the investigations you have had and whether any further investigations are needed. Your GP will also be informed.

Again, although we would hope to be able to explain the cause of the bleeding at this time, this is not always possible.

## Further information

If you require any further information about this appointment, please contact the following:

Consultant urologists

Mr Moody                      01271 322739

Mr Ong                         01271 311662

Mr Misra                      01271 314129

Mr Evans                      01271 313939

Mr Khan                        01271 311662

Nurse specialists             01271 311877

Gemini Endoscopy Unit      01271 349180

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## PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [rduh.pals-northern@nhs.net](mailto:rduh.pals-northern@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

Tell us about your experience of our services. Share your feedback on the Care Opinion website [www.careopinion.org.uk](http://www.careopinion.org.uk).

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