

Urology Haematuria Clinic

Information and advice for patients

Urology

What happens in this clinic?

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

As we are a teaching hospital, it is common for us to have medical students observing in the clinic room for observation and teaching. If you don't feel comfortable with this, please let the doctors or nurses know.

Where is the clinic?

The clinic is located at Sandwell Hospital and Birmingham Treatment Centre at City Hospital. Please remember to check which hospital you are due at before setting out. The address and contact details of the department you are coming to will be on your appointment letter.

Who will I see in the clinic?

A urology consultant, registrar or a nurse practitioner will see you; however, you may also see a sonographer (a clinician who does ultrasound). A team of nurses supports the clinic in addition to specialist nurses.

Do I need to bring anyone with me?

You do not have to bring anyone with you to the clinic, however many people find it useful to bring someone to the consultation.

It would help us if you could only bring one person with you as there is limited seating in the waiting area. We do however understand that some people need additional assistance.

We advise, if possible not to bring small children, as we do not have facilities for them in the clinic.

What can I expect?

You will need to undergo a few tests in the clinic to help us diagnose your problem. You will be required to give a urine sample to ensure that you don't have an underlying urinary tract infection. If you have an infection your procedure may be deferred for another day. You do not need to come with a full bladder but it may be helpful to carry a drink if that would help you produce a sample.

A member of the urology team will come and take consent from you to undergo the procedure and answer any questions or concerns you may have regarding the procedure. The doctor will then inform you of the plan moving forward. You may need further scans/tests or you may be discharged, depending on the result.

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How long should I expect the appointment to last?

Please note that it may take up to 3 hours or more to complete all the investigations required in the Haematuria clinic. If it is not possible to perform all the tests required on the same day, then you will need to return on another day.

What will I need to bring to the clinic?

Please bring along medical records that may help us understand your problem better, for example medical records of treatment in another hospital and a list of current medications along with any alternate medications you take.

Given below is a list of some tests you have in the clinic:

- **Urine Dipstick:** This is a test to check your urine using a dipstick for a urinary tract infection or blood in the urine.
- **Ultrasound:** This is a painless test that uses sound waves to create images of organs within the body.
- **Blood Tests:** It may be necessary to take some blood tests during your attendance at the clinic.
- **Flexible Cystoscopy:** This is a procedure that looks inside your bladder, it involves inserting a small camera through your front passage to have a look at the urethra (water pipe) and bladder. We do use local anaesthetic (numbing jelly) to make the procedure as comfortable as possible. More information about this can be found in the BAUS Information leaflet.
- **CT Scan:** A CT (computerised tomography) scanner involves taking a number of x-rays of the body in cross section; these are then analysed by computer to create detailed cross-sectional imaging.

The scan normally takes 30 minutes to perform, and you will be given an injection that allows particular areas to be seen more clearly.

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

At the end of the procedure, we will give a letter with the results and explain them to you as well as send out an electronic copy to your GP for record.

If you still have any questions/concerns or wish to cancel your procedure, you can contact the clinic prior to your appointment or discuss with our clinic staff on your arrival.

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Further Information

The British Association of Urological Surgeons (No Date) Blood in the urine (haematuria).

Available at: https://www.baus.org.uk/patients/conditions/2/blood_in_the_urine_haematuria/
[Accessed 20th June 2023]

Patient Information (2021) Haematuria. Available at: <https://patient.info/doctor/haematuria-pro>

[Accessed 20th June 2023]

Contact Details:

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