

Information about the GP Care Haematuria Clinic

The GP Care Haematuria Clinic

Haematuria means 'blood in the urine'. Your doctor has referred you to this clinic because you have either seen visible blood in your urine or blood has been detected even though it has been invisible to the naked eye.

Why do I need to attend the clinic?

Blood in the urine may be caused by problems in the bladder, kidneys or the urethra (urine outlet passage).

There are many explanations for passing blood in the urine and the risk of serious disease is low - less than 1 in 5. However it is important to find what has caused it so that any problem can be treated. Often all is clear and there is no ongoing problem that needs treatment. When this is the case, you will not need to be seen again.

This clinic allows a range of investigations to be carried out in just one visit in order to identify any significant problem that exists.

What will happen when I attend the clinic?

Please report to the reception desk at the Health Centre and tell the receptionist that you have arrived for the Community Urology Clinic. They will be expecting you and will inform the Community Urology Clinic staff of your arrival.

A Nurse will come to collect you and take you to the investigation room and will explain what will happen and answer any questions.

You will be likely to have two types of investigation, an ultrasound scan of your kidneys and bladder and a flexible cystoscopy.

You will be given a lot of information during your visit. It is not always easy to remember everything that the doctor has said - **it is therefore a good idea to bring somebody like a family member or close friend with you.**

What preparation is required?

You will need to bring a urine sample with you to the clinic. You only need to bring about 20mls (4 teaspoons) of urine that you produced first thing in the morning of the day of your appointment. The container should be a clean and have a tight fitting lid. You can ask for a urine sample bottle from your own GP surgery. Please give the sample to the nurse.

You will need to arrive for your appointment with a full bladder as this will allow a good picture of your bladder to be seen on the scan; therefore you will need to drink 1½ pints of non-fizzy liquid 1½ hours before the scan. You will have access to water at the clinic should you need it. You may eat normally and you may drive before and after the clinic if you wish. There is no need to rest afterwards. There are toilet facilities at the clinic.

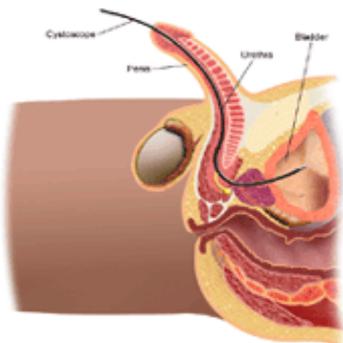
What does the Ultrasound scan involve?

An ultrasound scan of your abdomen will be performed. You will be asked to lie on a couch and part your clothing to allow a gel to be placed over the areas to be examined. The gel is clear and will not stain your clothes. A probe will then be passed over the area. Ultrasound uses sound waves to 'see' inside the body, in an attempt to identify any abnormalities. This will cause you no pain. The gel will then be wiped away and you may leave the room and empty your bladder if you need to.

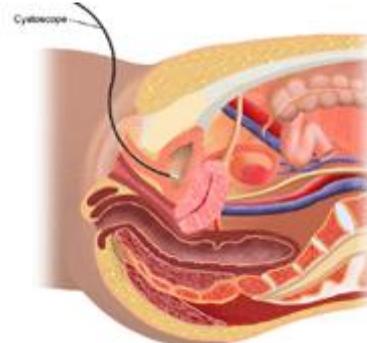
What does a flexible cystoscopy involve?

A flexible cystoscopy involves passing a small telescope along the urethra to the bladder. Before you have this investigation you will be asked to give your consent. Any questions that you have will be answered at this time.

Procedure for male cystoscopy:



Procedure for female cystoscopy:



You will be asked to undress from the waist down and asked to lie on a couch. Your genital area will be cleaned with a mild disinfectant and a jelly will be applied to the urethra to numb the area and given a few minutes to work. The jelly also allows the telescope to pass through the urethra more easily. Only the tip of the cystoscope is passed into your bladder. You may experience some mild discomfort but the procedure does not last long.

There are folds in the lining of the bladder: therefore saline (sterile salt water) is run into the bladder through the cystoscope to stretch the folds and allow the doctor to see all of the lining. This may cause you to have the feeling of a full bladder or want to pass urine, which is a normal sensation. If this, or anything else, becomes very uncomfortable please tell the doctor.

The investigation will take approximately 5-10 minutes and at the end you will be asked to empty your bladder again.

Please do not hesitate to ask any questions you may have – if you would like to view the screen (many people do) feel free to ask.

What happens after the flexible cystoscopy?

Most people have no trouble after a flexible cystoscopy. However:

- Drinking extra fluids is advisable.
- You may see blood in your urine for a couple of days – **please do not be alarmed, this is not unusual.**
- Mild burning on passing water and some increased frequency in passing water may occur, but usually subsides within 48 hours.

If you do have difficulty or discomfort in passing urine or if you develop the symptoms of a fever (shivering, sweating or feeling cold), you should contact your GP straight away.

What happens next?

This depends on the results of the investigations performed on the day.

The results will allow the specialist to advise you about any necessary further treatment, tests or appointments. These will be discussed with you before you leave the clinic and a copy of the report sent to your GP will be given to you. You will then be free to go home.