

## Patient Information: Urology Referral Guide

# Blood in Urine

You have been referred to the Urology team at Barts Health because you have blood in your urine (haematuria) or a similar problem. This guide explains what happens now that you have been referred.

We understand that this may be a worrying time for you, and we aim to support you throughout the process. Additional support is available from Macmillan Cancer Support at [macmillan.org.uk](http://macmillan.org.uk), or by calling Macmillan Cancer Support on 0808 808 00 00.

- Step 1**
- We may arrange a scan, urine test and sometimes a telephone appointment in the first instance
- We will also arrange for you to attend our “haematuria” clinic in person
- There are a number of steps involved in this clinic and you may need to stay at the hospital for between 1-4 hours to complete everything
- Step 2**
- On arrival at the haematuria clinic, we will ask you to pass a urine sample, or will take a sample from your catheter if one is fitted. You will then meet with one of our doctors or nurses who will ask questions about your symptoms and any other medical problems
- On the same day, if it is appropriate, we will usually perform a camera test (flexible cystoscopy), in which a small camera is passed into the bladder through your urethra (water pipe) to check for abnormalities. We use local anaesthetic jelly to minimise any discomfort, and the procedure usually takes less than 5 minutes. Attached to this guide is a leaflet that explains the nature of the procedure and risks in more detail.
- We will also usually perform an examination, which may include checking the abdomen, genitals and, where appropriate, an internal examination of either the rectum (back passage) to assess the prostate, or the vagina. You will always have the option to discuss this with your doctor or nurse and the decision to undergo any examination or procedure is always yours



**Step 3**

At the end of this first appointment, your doctor or nurse will inform you of the need for any further tests, which usually include scans such as ultrasound scans, CT scans (big donut-shaped X-ray machine), or MRI scans (using a big magnet and radio waves to scan your body)

These will be arranged within the weeks following your first appointment and you will be given an appointment for these at a later date

**Step 4**

There are a number of possible outcomes from the first appointment including:

- Booking surgery to treat any abnormalities seen
- Transferring to a different pathway for a different problem
- Booking into a virtual clinic appointment for results review

If you are simply going for further scans, then the results of these will be reviewed in a virtual clinic appointment, which means that your results will be reviewed by a specialist and the findings communicated to you afterwards, either in a letter or at a follow-up appointment if needed

If your scans are normal at the time of the virtual clinic review, and no further tests or treatments are needed, then we will simply write to you with the result and we will not make any further appointments. However, your GP can always refer you back to us if symptoms are ongoing

Alternatively, if we identify any abnormalities on the scan, then we will try to speak with you by phone to talk about the next steps

**More information and support**

For more information, you can download a leaflet about flexible cystoscopy from the [British Association of Urological Surgeons' website](#) (also available by scanning this QR code)

Further information and support is available from Macmillan Cancer Support at [macmillan.org.uk](http://macmillan.org.uk), or by calling Macmillan Cancer Support on 0808 808 00 00.

## Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات متبادل فارمیٹس میں دستیاب کی جا سکتی ہیں، جیسا کہ پڑھنے میں آسان یا بڑا پرنٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں۔!

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Leave feedback on NHS Choices [www.nhs.uk](https://www.nhs.uk)

## Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services:

[www.bartshealth.nhs.uk/pals](https://www.bartshealth.nhs.uk/pals)

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All our patient information leaflets are reviewed every three years.