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## The one-stop haematuria clinic (incorporating an ultrasound scan) (Addenbrookes): frequently-asked questions

### What will happen in the clinic and are there any special preparations?

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 ensure that your bladder is comfortably full when you arrive because it is likely that we will need to obtain a urine specimen from you before the procedure.

It may take up to 3 hours to complete all the investigations required in the Haematuria Clinic. You will also be asked to undergo swabbing of your nose & throat to ensure that you are not carrying MRSA.

On arrival, you will be shown to the ultrasound room and provided with a urine specimen container to provide a urine sample; this is to check for infection and abnormal cells. This will be followed by the ultrasound scan itself. You will then be seen by a doctor and/or a specialist nurse who will confirm the details of your medical. You will have some blood tests performed (to check you are not anaemic, measure kidney function and, in men, a PSA prostate blood test).



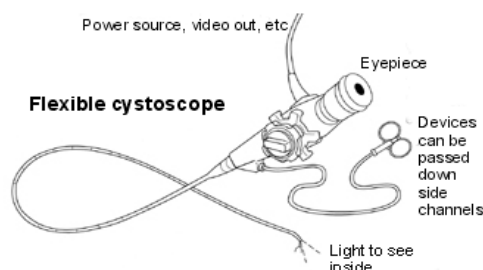
The ultrasound scan involves placing a warm jelly over the areas to be examined and scanning your kidneys and bladder with a probe which emits ultrasound waves. Scanning is performed through the skin and is completely painless. At some point during the test, you will be asked to empty your bladder which you

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should do into the special container provided for you by the Clinic Nurse. This urine sample will be checked for infection and any abnormal cells; these results will not be available immediately. We will write to you in due course with the results, usually within 3 or 4 weeks.

After your ultrasound scan, you will usually undergo a flexible cystoscopy (a telescopic examination of the bladder under local anaesthetic) to examine the lining of the bladder.

## What does the flexible cystoscopy involve?



You will be shown to a changing area where you will be asked to remove your lower garments and put on a gown. A doctor 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 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 performing the examination 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.

A nurse will remain with you whilst the treatment is taking place and will explain anything you do not understand.

## What happens afterwards?

You will then 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. Finally, you will be taken back to your cubicle to wash and dress yourself.

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.

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## What if I have problems after my visit?

If you have any continuing problems regarding your visit to the Haematuria Clinic, you can telephone the Specialist Nurse in the clinic (Tel: 01223 274608) or speak to your GP at his/her surgery.

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

## Who can I contact for more help or information?

### Oncology Nurses

- Uro-Oncology Nurse Specialist  
01223 586748
- Bladder cancer Nurse Practitioner (haematuria, chemotherapy & BCG)  
01223 274608
- Prostate cancer Nurse Practitioner  
01223 274608

### Non-Oncology Nurses

- Urology Nurse Practitioner (incontinence, urodynamics, catheter patients)  
01223 274608 or 586748

### Patient Advice & Liaison Centre (PALS)

- Telephone  
+44 (0)1223 216756 or 257257  
+44 (0)1223 274432 or 274431
- PatientLine  
\*801 (*from patient bedside telephones only*)
- E mail  
pals@addenbrookes.nhs.uk
- Mail  
PALS, Box No 53  
Addenbrooke's Hospital  
Hills Road, Cambridge, CB2 2QQ

### Chaplaincy and Multi-Faith Community

- Telephone  
+44 (0)1223 217769
- E mail  
derek.fraser@addenbrookes.nhs.uk
- Mail  
The Chaplaincy, Box No 105  
Addenbrooke's Hospital  
Hills Road, Cambridge, CB2 2QQ

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## **MINICOM System ("type" system for the hard of hearing)**

- Telephone  
+44 (0)1223 274604

## **Access Office (travel, parking & security information)**

- Telephone  
+44 (0)1223 586969

## **Other information**

This patient information leaflet provides input from specialists, the British Association of Urological Surgeons, the Department of Health and evidence-based sources as a supplement to any advice you may already have been given by your GP. Alternative treatments can be discussed in more detail with your urologist or Specialist Nurse.

## **How can I get information in alternative formats?**

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

**Polish**            Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

**Portuguese**      Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

**Russian**            Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

**Cantonese**        若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到：[patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

**Turkish**            Bu bilgiyi diğer dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya aşağıdaki adrese e-posta gönderin: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

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## Bengali

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন  
বা [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk) ঠিকানায় ই-মেইল করুন।



Addenbrooke's is smoke-free. You cannot smoke anywhere on the site. Smoking increases the severity of some urological diseases and increases the risk of post-operative complications. For advice on quitting, contact your GP or the NHS smoking helpline free on 0800 169 0 169

## Document history

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