
The one-stop haematuria clinic (incorporating a CT scan): frequently- asked questions

What will happen in the clinic?

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 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 (it may take longer at busier times). You will also be asked to undergo swabbing of your nose, throat and groin to ensure that you are not carrying MRSA.

On arrival at the Hospital, you will undergo a CT scan. You should, therefore, go directly to the CT Scanning Department on Level 2; failure to do so may result in a missed appointment.



What is a CT scan?

The CT scan involves taking a number of X-rays of the body in cross-section; these are then analysed by computer to create detailed cross-sectional images.

You may eat and drink normally before your CT scan. The scan normally takes 30 minutes to perform and you may, during the examination, be given a drink or injection which allows particular areas to be seen more clearly. The injection, if used, may make you feel warm all over and give you a metallic taste in your mouth.

If you are allergic to iodine, have poorly-controlled asthma or diabetes, you could have a reaction to the injection. If you have any of these conditions, you must let the CT scanning Department know in advance of your appointment (Tel 01223 217427).

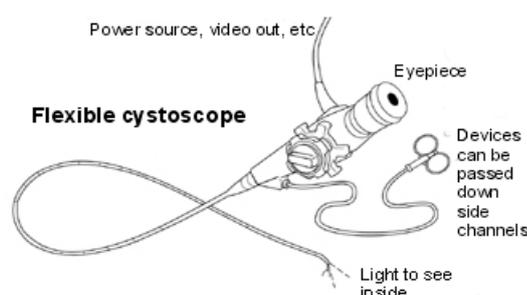
You will be asked to provide a urine sample following the CT scan, therefore please arrive with a comfortably full bladder where you should hand in your sample.

What happens after the CT scan?

After your scan, you will be directed to Endoscopy in the ATC (on Level 3) and you will normally undergo a flexible cystoscopy (a telescopic examination of the bladder performed under local anaesthetic) to examine the lining of the bladder. At this stage, you will be seen by a doctor and/or a specialist nurse who will confirm the details of your medical history.

You will have some blood tests to measure the function of the kidneys, to check you are not anaemic and, in men, offered a prostate (PSA) blood test together with a simple urine test to exclude infection. The 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 3-4 weeks.

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 or nurse 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 in the changing room to pass the fluid that has been used to fill your bladder, just as if you were passing urine. Finally, you will be able to dress yourself in the cubicle.

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.

Are there any other investigations?

In some patients, on your way out of hospital, it is necessary to perform some additional investigations such as blood tests. You will be directed to the Blood Test Laboratory by the clinic staff if this is necessary.

Will I know the cause of my bleeding at this visit?

We will attempt to explain the cause of your bleeding at the time of your visit, although this is not always possible. You and your doctor will be informed of the results of any outstanding investigations once they are available (usually within 3-4 weeks).

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

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

- 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
- 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
- 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
- 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
- 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
- Bengali** এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা 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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