

# **HAEMATURIA CLINIC INFORMATION**

**Chestnut Unit  
Level 07**

Derriford Hospital  
Derriford Road  
Plymouth  
PL6 8DH

Tel: 01752 777111

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## WHAT IS HAEMATURIA?

*Haematuria* means 'blood in the urine'. It is not a disease, but could be the sign of one. Investigations are carried out to find the cause of the blood in the urine.

## AIM OF THE HAEMATURIA CLINIC

We hope to diagnose any problems as quickly as possible, by doing all the basic tests in one day. It will take about **six hours** to do all the tests. Although this is a long time, we hope that this 'one day' service will reduce the likelihood of your coming back to the hospital.

## WHAT TO BRING WITH YOU

- ❖ A urine sample
- ❖ A list of current tablets and medicines you are taking, including the dose and amount taken.
- ❖ Loose comfortable clothes
- ❖ Something to read, as there will be times when you are waiting for the next test / procedure
- ❖ Money for car park / fares, telephone and refreshments

## WHAT HAPPENS AT THE HAEMATURIA CLINIC?

### ***Morning***

When you arrive at X-ray West, you will have a scan (ultrasound scan) and x-ray of your bladder and kidneys.

You will then see a nurse who will talk to you about your medical history and any medicines/tablets you take. She will also ask for the urine specimen and record your blood pressure. The nurse will also tell you what time you need to return to the Chestnut Unit, Level 7, in the afternoon.

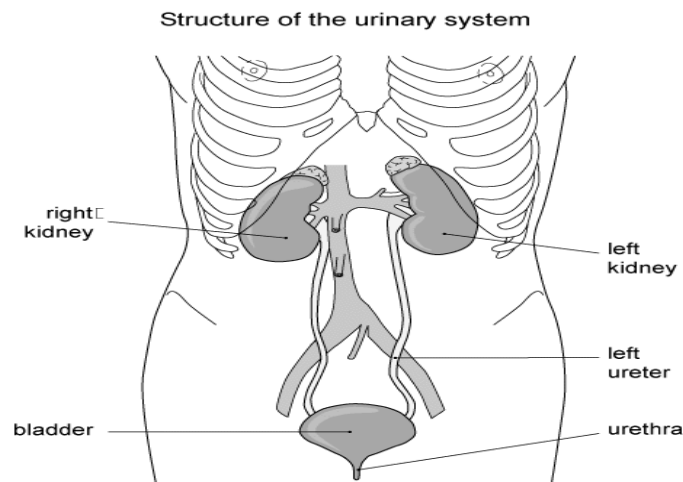
When finished in the X-ray Department you may need to go to Main Outpatients for a blood test. The nurse will tell you if this is necessary and give you written instructions on how to get there.

### ***Lunch***

Lunch and light refreshments are available from the Coffee shop on level 06 or the Greenbank Restaurant on level 07.

### ***Afternoon***

When you return to the Chestnut Unit, Level 7, in the afternoon, the doctor will examine you with a *flexible cystoscopy*. This involves the doctor passing a small flexible telescope along the urethra into the bladder, so that he can see the whole lining of the bladder and urethra.



The doctor will ask you about your symptoms and tell you about the examination. You will be asked to sign a consent form for the flexible cystoscopy examination. A local anaesthetic gel is put into the urethra before passing the cystoscope through it. The examination will take between 5 and 10 minutes. A little discomfort may be felt but this should only last for a few minutes.

#### **AFTER THE EXAMINATION**

After the examination the doctor will discuss the results of your tests with you and answer any questions you may have. If relevant, he will discuss any further treatment that you might need.

#### **POSSIBLE AFTER EFFECTS**

Following the flexible cystoscopy, some patients experience soreness when passing urine or even have a little bleeding. To help the discomfort clear up more quickly, it is advisable to drink more so that you increase the amount of urine that you need to pass. Passing more urine should help.

Very occasionally, urinary infection can occur. If you have persistent discomfort, a temperature and need to pass urine more often than normal, contact your GP.

Sexual activity can be resumed as comfort allows.

#### **NEED TO TALK?**

If you wish to talk to someone about any aspect of this clinic or need advice, please ring the Urology Nurses:

Monday to Friday: 8.30am - 4.30pm ☎ (01752) 439901

You can also contact the nurses through the hospital switchboard ☎ 0845 155 8155 on bleep 200 for Jane Gosling or bleep 89362 for Nikki Payne.