

# **Haematuria / blood in urine**

## **What is haematuria?**

- Haematuria is the presence of any blood in the urine
- This may be visible (macroscopic) or invisible (microscopic)
- It may only happen once however it must be investigated to exclude the presence of cancer (bladder, kidney, prostate, ureter)

## **What are the symptoms of haematuria?**

- Haematuria may be painless or may be associated with pain in the back or bladder region
- There may be associated burning with urination, frequency of urination or fever

## **How is haematuria investigated?**

- Haematuria should always be investigated even if only a single episode that clears up quickly
- Your family doctor will arrange a number of investigations which may include:
  - Urine tests – to look for infection or cancer cells
  - Blood tests – to check kidney function, blood count and clotting problems
  - Scans – ultrasound or CT scan to look for the cause of bleeding

## **What are the treatment options for haematuria?**

- Treatment of haematuria depends upon thorough investigation and accurate diagnosis of the underlying cause. Some possible causes for haematuria include:
  - Cancer (bladder, kidney, ureter, prostate)
  - Infection

- Stones (kidney, ureteric or bladder)
- BPH (enlarged prostate)

Your family doctor will arrange preliminary investigations and refer accordingly to a Urologist for further evaluation and management.

*Normal blood and urine tests and scans are unable to definitively exclude a bladder cancer. In most cases you will require a flexible cystoscopy to directly visualize the lining of the bladder. This is a very safe and minimally invasive diagnostic day-procedure which can be performed under local anaesthetic or light sedation.*

## **General health and Wellbeing**

- The biggest risk factor for urothelial cancer (cancer of the lining of the bladder, ureter or kidney) is cigarette smoking
- Painless haematuria is the most common presenting symptom of urothelial cancer
- We strongly encourage you to discuss smoking-cessation strategies with your family doctor

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Linder, B. J., Bass, E. J., Mostafid, H., Boorjian, S. A., (2017), Guideline of Guidelines: asymptomatic microscopic haematuria, BJU International, 121(2), [<https://doi.org/10.1111/bju.14016>], accessed 18/02/21.