

## **Your first appointment at the Haematuria Clinic**

**Should you choose not to attend the clinic please contact 0121 424 5000 to enable us to use this urgent appointment for somebody else.**

**Alternatively you can contact the Rapid Access Department on fax no 0121 424 8952 or email [cancel.opd@heartofengland.nhs.uk](mailto:cancel.opd@heartofengland.nhs.uk).**

**Please note that nine out of ten patients with haematuria have a benign non-cancerous cause.**

### **What will happen at this appointment?**

Be prepared to be at the hospital for two to three hours. You may like to bring a relative or friend with you for company.

### **A Flexible Cystoscopy**

This is a procedure in which the doctor passes a small flexible fibre optic camera in the urethra (a tube through which you pass urine) after the area has been cleaned with an antiseptic liquid (savlon) and the local anaesthetic jelly. This enables the doctor or nurse to see the urethra, prostate gland (in men) and the bladder. To be able to see inside properly it is necessary to fill the bladder with water through a small channel in the cystoscope so you may begin to feel that you want to pass water. The examination takes about five to ten minutes so you will not have this feeling for long. You will be given the appropriate advice to relax as much as possible to facilitate the camera examination satisfactorily. The results of this examination will be discussed straight away.

### **Does it hurt?**

A local anaesthetic jelly will be gently squeezed into the urethra from a syringe (no needles are involved). This jelly can sting as it first goes in but then it numbs the urethra and lubricates it so the procedure although uncomfortable, should be relatively painless.

### **On arrival at the clinic**

You may be asked to change into a hospital gown. You will be taken through to the examination room where the doctor or nurse will explain the procedure to you and you will have an opportunity to ask any questions. You will then be asked to lie down on the couch.

### **During the procedure**

A nurse will be present throughout the examination.

### **After the Flexible Cystoscopy**

After the examination you will be told the results of the examination. Ensure that you drink plenty of fluids, at least 2 - 3 litres a day (unless directed by your doctor). You may feel some discomfort when passing urine for 24 -48 hours after the procedure. This is normal and will settle down. You can also take paracetamol as directed to ease this discomfort.

If you see a little blood in your urine after the procedure do not worry. It is most likely to be caused by irritation from the scope and will usually disappear in a few days. However if the bleeding is heavy and continues for more than a few days, see your family doctor straight away. If your urine become cloudy, smelly or you have a temperature and feel unwell see your doctor. You may have a urine infection and may need some antibiotics. If you have any further problems contact your doctor for advice.

### **When will I know the results?**

The results of examination will be discussed straight away. **The doctor will certainly discuss treatment of anything found of this examination and almost certainly in the vast majority of cases will arrange a CT scan of your kidneys with dye injected into your arm (CT urogram) on another day. You may also require a blood test on the day to check your kidney function if this has not been checked within the previous 3 months.**

The CT scan appointment should come through in the vast majority of cases within 2 weeks and you will be expected to contact the consultant's secretary after that for the results.

### **What happens next?**

The choices for treatment will be discussed with you and a plan of treatment (if required) will be decided. Much more detailed information will be available for you at this stage.

If you have any questions or concerns please contact the Clinical Nurse Specialist. This is an answer phone so please remember to leave your name, address, hospital number (if known) and your telephone number. Your call will be returned as soon as possible.

**Urology Clinical Nurse Specialists Telephone Number 0121 424 0093**

### **Our commitment to confidentiality**

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask you for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

### **Additional Sources of Information:**

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

You may want to visit one of our Health Information Centres located in:

- Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
- Treatment Centre at Good Hope Hospital Tel: 0121 424 9946  
or contact us by email: [healthinfo.centre@heartofengland.nhs.uk](mailto:healthinfo.centre@heartofengland.nhs.uk)

Dear Patient

We welcome your views on what you liked and suggestions for how things could be improved at this hospital. If you would like to tell us and others about your experience please make your comments through one of the following sites:-

- NHS Choice:- [www.nhs.uk](http://www.nhs.uk)
- Patient Opinion:- [www.patientopinion.org.uk](http://www.patientopinion.org.uk)
- I want great care:- [www.iwantgreatcare.org](http://www.iwantgreatcare.org) (Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about this hospital or how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the NHS Choice or Patient Opinion sites.

**If you have any questions you may want to ask about your condition or treatment, or anything you do not understand or wish to know more about, write them down and your doctor will be more than happy to try and answer them for you.**

