

# Blood In Urine (Haematuria)

## What Is Haematuria?

Haematuria is the medical term for the presence of blood in the urine. It can be visible to the naked eye (macroscopic haematuria) or only detected under a microscope (microscopic haematuria). While the sight of blood in urine can be alarming, haematuria is a symptom, not a disease, and can be caused by a variety of conditions, some of which are benign and others more serious.

## Causes Of Haematuria

Haematuria can result from numerous causes, including:

- **Infections:** Urinary tract infections (UTIs) or kidney infections can cause bleeding in the urinary tract.
- **Trauma:** Injury to the kidneys, bladder, or urethra.
- **Medical conditions:** Kidney stones, benign prostatic hyperplasia (BPH), and cystitis.
- **Systemic diseases:** Blood disorders, hypertension, and diabetes.
- **Cancer:** Bladder, kidney, or prostate cancer can sometimes present with haematuria.
- **Medications:** Certain medications, such as anticoagulants, can cause bleeding in the urinary tract.
- **Strenuous exercise:** In rare cases, vigorous exercise can cause temporary haematuria.

## Symptoms

Symptoms may include:

- Pink, red, or cola-coloured urine.
- Urine that appears normal but contains blood when tested.
- Pain or discomfort during urination (dysuria).
- Frequent urination.
- Urgent need to urinate.
- Pain in the lower abdomen or back.
- Fever or chills (if infection is present).

## When To Seek Medical Advice

You should seek medical advice if you notice:

- Persistent blood in the urine.
- Significant pain or discomfort.
- A history of urological issues.
- Associated symptoms such as weight loss, fever, or difficulty urinating.

## How Will I Be Assessed?

During your consultation, your urologist will:

- **Review your medical history:** Discuss any previous health issues, medications, and recent procedures.
- **Conduct a physical examination:** Examine the abdomen, back, and genital area.
- **Perform diagnostic tests:**
  - **Urinalysis:** To check for infection, blood, and other abnormalities in the urine.
  - **Blood tests:** To assess kidney function and check for signs of systemic disease.
  - **Imaging studies:** Ultrasound, CT scan, or MRI to visualise the kidneys, bladder, and urinary tract.
  - **Cystoscopy:** A procedure that allows the urologist to look inside the bladder and urethra (inserting a thin tube with a camera into the bladder).

## Treatment

Treatment for haematuria depends on the underlying cause:

- **Infections:** Antibiotics to treat bacterial infections.
- **Kidney stones:** Medications or procedures to break down or remove stones.
- **Enlarged prostate:** Medications or surgery to treat benign prostatic hyperplasia.
- **Cancer:** Depending on the type and stage, treatments may include surgery, chemotherapy, or radiation therapy.
- **Management of medical conditions affecting the kidney.**
- **Monitoring:** In cases where no serious cause is identified, regular monitoring may be recommended.

## Potential Risks And Complications

If left untreated, the underlying causes of haematuria can lead to complications such as:

- Chronic kidney disease.
- Recurrent infections.
- Progressive urological conditions.
- Unidentified malignancy.

## Risks Related To Treatment

- Surgical complications.
- Adverse reactions to medication.

## Post-Treatment Care

- **Monitoring symptoms for improvement.**
- **Follow-up appointments:** Regular check-ups to monitor your condition and response to treatment.
- **Lifestyle adjustments:** Maintain good hydration, avoid smoking, and follow a balanced diet or dietary adjustments for kidney stones.
- **Hygiene and safety:** Practice good hygiene and safe sexual practices to prevent infections.

## Benefits Of Timely Diagnosis And Treatment

- **Peace of mind:** Understanding the cause of haematuria can alleviate anxiety.
- **Effective management:** Targeted treatment can address underlying conditions and prevent complications.
- **Improved health:** Early intervention can improve overall urological health and quality of life.

While haematuria can be distressing, it is often a manageable condition with proper medical evaluation and treatment. If you notice blood in your urine, prompt assessment and treatment by a urology specialist are essential to address any underlying issues effectively.

## Why Choose Birmingham Urology Centre

At Birmingham Urology Centre, our experienced urologists provide comprehensive evaluation and treatment for haematuria. We use the latest diagnostic tools and techniques to ensure accurate diagnosis and effective treatment plans tailored to each patient's needs.

**Contact us** today at Birmingham Urology Centre to book an appointment or for more information on haematuria and treatment options