



Blood in the urine

Hematuria

WHAT YOU NEED TO KNOW

Macroscopic hematuria means there is blood in your urine that is visible to the naked eye. The blood will be pink, red or brownish in colour.

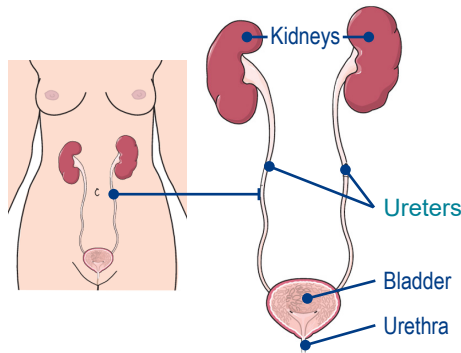
If blood is seen with a microscope during a urinalysis, it is called microscopic hematuria.

Tests will be done to determine the cause(s):

- Kidney damage or injury
- Extreme exercise
- Urinary tract infection
- Kidney stones
- Enlarged prostate
- Tumour in the urinary tract*
- Etc.



Not smoking greatly reduces the chances of having bladder cancer.



*The **urinary tract** is made up of the kidneys, the ureters (tubes that carry urine from the kidneys to the bladder), the bladder, and the urethra (tube through which urine leaves the body).

Note

In some cases of microscopic hematuria, doctors will not find a specific cause of the blood in your urine.

If the tests are all normal, the risk of a serious disease is very low.

A number of factors will be considered during tests:

- Age
- Medical history
- Tobacco use
- Bladder habits
- Type of bleeding

What if the bleeding continues or comes back?

More tests may be done. Do not hesitate to let your family doctor or specialized nurse practitioner know if the bleeding continues or comes back. They may also request a consultation with a specialist called a urologist.

Tests

To find the cause of the bleeding, you will need to have the following tests:

1- Urinalysis

A microscopic examination will show whether there is blood in your urine (and how much). Several tests may be needed to see if the problem continues.

A urine test may also be done to check for a urinary tract infection.

2- Imaging

A CT scan or an ultrasound can accurately detect kidney problems (tumours, stones, etc.). **Both tests are painless.**

3- Cystoscopy – examination of the inside of the bladder

Because CT scans and ultrasounds are less accurate at detecting problems in the bladder and bladder neck, a cystoscopy may be done to complete the workup.

A small camera is inserted into the tube through which urine leaves the body (urethra) and into the bladder. This provides images of the lower urinary tract. The examination takes only a few minutes and is virtually painless.

Important

When having a scan, make sure to mention if you have any allergies, especially to iodine. Iodine is a liquid that is injected into the body to see the urinary tract more clearly.

Available resources

Info-Santé 811
24/7

Option 1

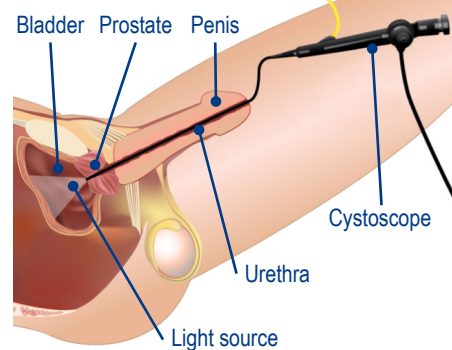
Clinical intake department

From Monday to Friday, 8 a.m. to 4 p.m.
(except holidays)

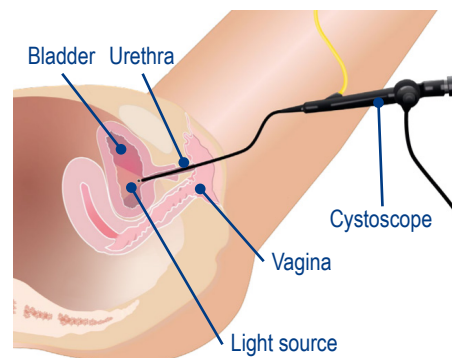
Hôpital Anna-Laberge
450-699-2425,
ext. 4383

Hôpital du Suroît
450-371-9920,
ext. 2835

Male



Femal



References:

Canadian Urological Association, Hematuria brochure