

# Understanding Hematuria

A PATIENT'S GUIDE



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- “Microscopic evaluation” of the urine (directly viewing it under the microscope), which might show stone crystals, bacteria or abnormal cells.
- Other tests of the urine, such as urinary cytology (looking at the shed bladder cells).
- A blood test to assess kidney function, especially if protein is found along with blood in the urine.
- Cystoscopy (looking into the bladder with a videoscope) to check for any bladder abnormalities.
- CT scan, ultrasound, Intravenous Pyelogram (IVP), which are special X-rays of the urinary tract.
- Prostate Specific Antigen (PSA) test in men of appropriate age to check the prostate.
- Do you have a family history of kidney stones, sickle cell anemia or Von Hippel-Lindau disease?
- Have you had any recent injuries and/or infections of the urinary tract?
- Do you have a history of smoking (including prior smoking)?
- Have you had potential exposure to toxic substances dating back 25 years or more?
- Is there a history of recent and/or past drug use?

## TREATING HEMATURIA

Hematuria is treated by managing its underlying cause. Your urologist will discuss the evaluation and findings with you to develop an appropriate plan of care, if necessary. Hematuria caused by a urinary tract infection, for example, is treated with a course of antibiotics. If no specific cause is found, the hematuria may correct itself, or the hematuria may be “idiopathic” (no specific cause found). Follow-up urine tests may still be necessary based upon risk factors and findings.

***It’s important to note that urologic cancers are rarely the cause of blood in the urine. Only about 2 or 3 of every 100 people with microscopic hematuria are found to have cancer.***

[Source: Urology Care Foundation]

If you are found to have hematuria, your doctor will talk to you about your medical history, any health issues you may have and possible associated symptoms, as well as perform a physical examination. Questions your doctor may ask include:

- Are you experiencing any pain (burning while urinating, difficulty urinating, pain in the back or sides)?
- Have you had any recent illnesses?
- What are your urinary habits? How frequently do you urinate?
- What are your exercise habits?