

## **Bleeding**

Blood in the urine (Haematuria) can occur for a variety of reasons. Cancer is not the most common cause but is the most significant and always needs to be excluded. Essentially, no amount of blood in the urine is normal and haematuria should always be fully investigated.

Blood in the urine may not be visible to the naked eye (microscopic haematuria) or maybe easily visible with the urine either being bright red or a dark brown colour (macroscopic haematuria). Microscopic haematuria is often found during routine testing of patient's urine and if infection is not present this needs to be further investigated. Routine investigations would include imaging of the entire urinary tract as well as some specific urine tests to look for cancer cells in the urine. Depending on the patient's age a cystoscopy (telescope examination of the urethra, prostate and bladder) is also indicated. In many cases of microscopic haematuria no significant abnormality is ever identified and in these situations no further investigation is usually required. You should at least however have regular checks of your kidney function and blood pressure as well as further checks of your urine to ensure that no other changes are detected.

In the case of macroscopic haematuria full investigation is mandatory at any age. Bleeding in this situation is often related to an enlarged prostate, stones or infection, but tumour in the bladder, ureter or kidneys needs to be confidently excluded. Bleeding may be intermittent or painless but nevertheless needs full investigation.

Any episodes of macroscopic haematuria should be reported to your local Doctor and referral should be made to a Urologist. The detection of microscopic haematuria also requires review by a Urologist.