

## Haematuria

Haematuria means blood in the urine and this can be found as invisible microscopic haematuria or obvious red macroscopic haematuria. This clearly suggests some sort of urinary tract pathology and requires investigation but sinister pathology is not always found.

### Asymptomatic microscopic haematuria

There are different views on this condition but most Urologists feel that if there are more than 4 red blood cells/ul, then despite the low yield of sinister pathology, upper tract imaging (U/S cheapest and least invasive) and a flexible cystoscopy should be performed once in older men and women. If no pathology is found, no further investigation is required unless there is macroscopic haematuria, loin pain or other lower urinary tract symptoms. A lot of protein in the urine would suggest a glomerulonephritis and referral to a renal physician should be considered. Many studies have been performed looking at this condition, the largest ones in the USA with Air Force Recruits. Studies have shown that between 2% and 5% of the population have asymptomatic microscopic haematuria and sinister pathology is rarely found. Referrals often result from insurance or employment medicals and medicals for entry into the armed forces. Very occasionally renal calculi, bladder and renal tumours are found but at a rate of only 1-2% if truly asymptomatic.

### Macroscopic haematuria

This should always be investigated and usually with a contrast CT scan of the abdomen and a cystoscopy (telescopic bladder examination). Blood thinners such as warfarin, aspirin and clopidogrel may increase the amount of bleeding but will not cause bleeding. Although investigation is required to exclude pathology such as stones and cancers, benign causes such as harmless prostatic bleeding is common in men. Bleeding in men that is just at the start and or end of the stream rather than all the way through is very suggestive of prostate bleeding.

### Referrals

When patients are referred because of bleeding after normal kidney investigation, appointments are usually made for a flexible cystoscopy directly through the day surgery unit at Calvary North Adelaide Hospital.

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