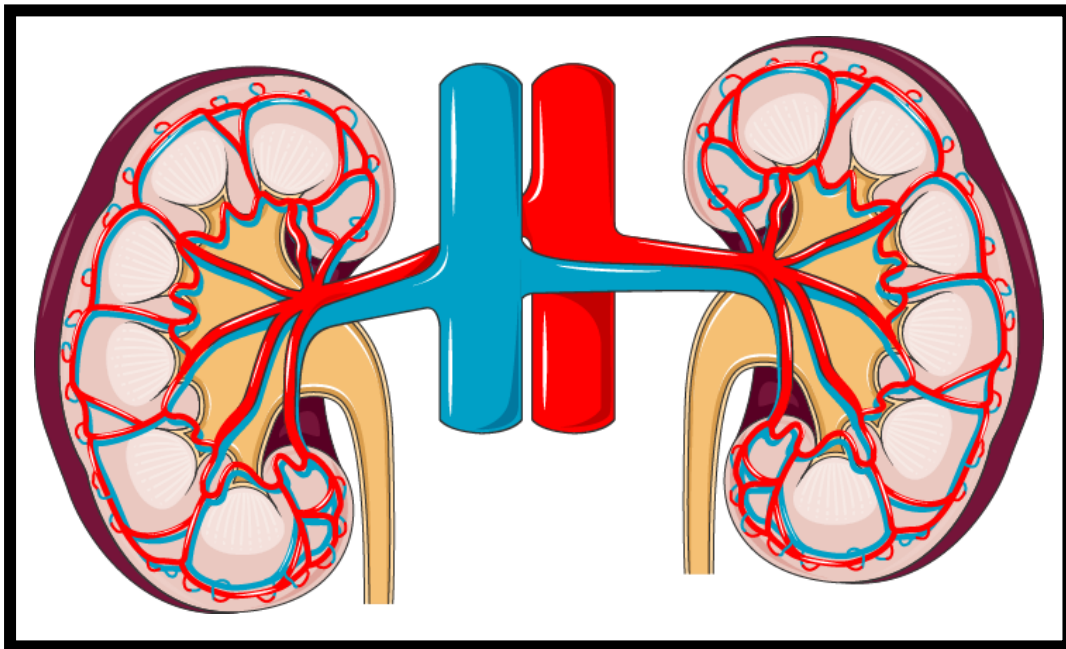




## Jewish General Hospital

### Clinical Access Service

### Painless Macroscopic Hematuria



5767 Légaré Street

Pavilion K, S1-101

Monday to Friday, 8:00 a.m. to 4:00 p.m.

514-340-8222, extension 22324

Developed by:

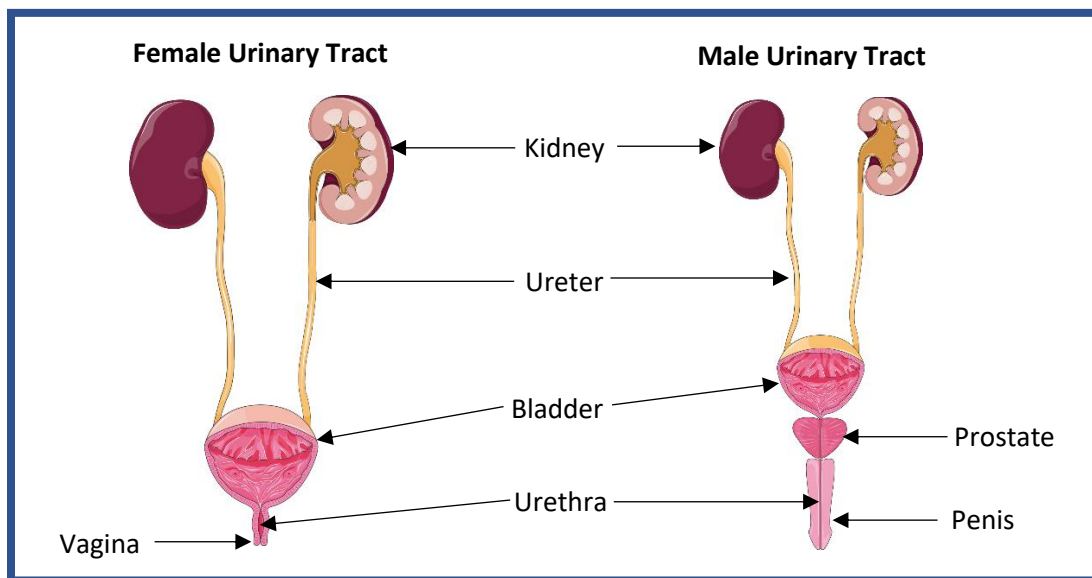
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Zwetkow, RN, Vanessa McIntyre RN.

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You have been referred to the Clinical Access Service of the Jewish General Hospital (JGH) because you have macroscopic hematuria. The Clinical Access Service will organize tests and, if needed, a consultation with a JGH specialist.

### WHAT IS PAINLESS MACROSCOPIC HEMATURIA?

- *Painless* means that it does not cause any pain.
- *Macroscopic* means that you can see blood in the urine.
- *Hematuria* means that you have some blood in the urine.
- If you have painless macroscopic hematuria, you have blood in your urine which is not causing you pain. The blood can come from your kidneys (where urine is made), or from another part of your urinary tract.



### SIGNS AND SYMPTOMS

- Urine discoloration red or brown

### TREATMENT

- If a cause is found, the cause will be treated

### GO TO THE EMERGENCY ROOM IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:

- Fever over 38.0°C
- You see clots of blood in your urine
- Pain when urinating or difficulty urinating
- Serious pain in your belly, side, or pelvis

### POSSIBLE CAUSES

- Infection
- Injury
- A stone in the kidney or bladder
- Enlarged prostate (males)
- A tumor in the urinary tract (this may or may not be cancer)

## YOUR APPOINTMENTS

- Please arrive 10 minutes before the time of your appointment
- If you cannot come to your appointment, call the Clinical Access Service
- You may have some of the tests listed below that are used to find the cause of your macroscopic hematuria
- Most people do not need all the tests
- You may need to come back in a few days for more tests, or to see a specialist doctor (urologist or nephrologist)
- If no cause is found, you can follow up with your doctor or your nurse practitioner (NP)

## POSSIBLE TESTS

- **Urine test** – Your urine is tested. The test looks closely to see if a cause of your macroscopic hematuria can be found
- **Blood test** – Your blood is tested to look at your kidney health. The test will check for any kidney problems that can cause microscopic hematuria.
- **Ultrasound** – A painless test used to take pictures of your organs – your kidneys, ureters and bladder.
- **CT scan** – Computed tomography (CT) is a test that looks up close at your kidneys, ureters and bladder. It may be done with dye injected into your vein.

## IF YOU HAVE QUESTIONS, YOU CAN CONTACT

- The nurse at the Clinical Access Service while we are looking into your condition
- Info-Santé 24/7 by phoning 811
- Your pharmacist for questions about medication
- Your doctor or your nurse practitioner who will receive the results of your tests and can answer questions

## EXTRA RESOURCES FOR MORE INFORMATION

- JGH Patient and Family Resource Centre
  - <https://www.hgi.ca/patients-et-visiteurs/bibliotheque-du-centre-de-ressources-pour-les-patients-et-leur-famille/>
- Association des Urologues de Canada - Patient Information and Brochures
  - <https://www.cua.org/fr/patient-information-and-brochures>
- The Merck Manual – Kidney filtering disorders
  - <https://www.merckmanuals.com/en-ca/home/kidney-and-urinary-tract-disorders/kidney-filtering-disorders>
- National Kidney Foundation
  - [www.kidney.org](http://www.kidney.org)

*This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.*