

Hematuria (Blood in Urine)

What is it?

- **Hematuria**– means (RBC's/Red Blood Cells) blood in the urine; must look at the entire urinary tract including the kidneys, ureters (the tubes that carry the urine from the kidneys to the bladder); the urine is red or the color of cola

Facts:

- **Caused by**- bladder cancer, kidney cancer, kidney infection, inflammation, injury to the urinary system, kidney stone, kidney disease, prostate cancer, prostatitis, ultrasound, urinalysis, urine infection, trauma, tumor, medications, STD's/Sexually Transmitted Disease, obstruction of the urinary tract; liver disease, strenuous exercise but goes away in 24 hours; other not so common are sickle cell anemia, systemic lupus erythematosus, von Hippel-Landau disease
- **Kidney Stone**- 1 in 20 people develop a kidney stone at some point in their life
- **Treatment**- depends on the cause, if no serious condition then no treatment is necessary



What can I do?

- **See your Health Care Provider**-even if a single episode of hematuria that resolves
 - **How is Hematuria Diagnosed?**- taking a history, physical examination, evaluating the urine under a microscope, and obtaining a culture of urine
 - **Three Diagnosis Tests**:- CT scan of the abdomen and pelvis, urine cytology, and cystoscopy
 - **Other Tests**- urinalysis, blood tests, kidney imaging studies, cystoscope examination
- **See a Registered Dietitian/RD**- for help with foods-beets, berries and rhubarb eaten in large amounts; food colorings, different medications can change your urine color, menstrual blood

