



Microscopic Hematuria (Blood in Urine)

WHAT IS MICROSCOPIC BLOOD IN THE URINE?

A urine test may show that there is blood in your urine that can't be seen by looking at the sample. A microscope is used to look for blood cells in the urine and measure the amount.

WHAT CAUSES IT?

Sometimes a recent event may be the reason, which means your urine will need to be tested again to be sure it was the cause. Events include:

- Medical procedures (e.g., surgery, catheters)
- Vigorous exercise
- Menstruation
- An infection or viral illness
- Injury

An underlying kidney or urinary condition may be the issue. For a very few people (3 to 5%), blood may be a sign of cancer. Your chances of having cancer are increased if you:

- Smoke
- Are older
- Are male
- Have a history of cancer or blood in the urine (visible or not visible)

In many people, no clear cause is found after testing.

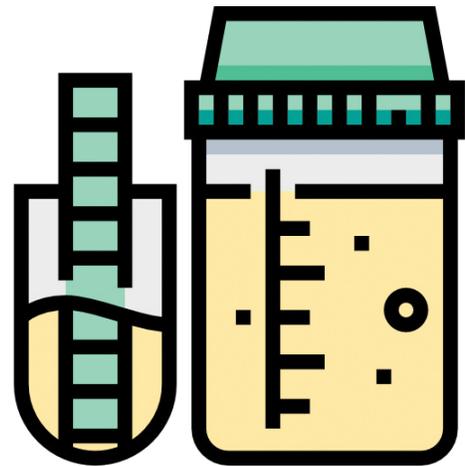
WHAT HAPPENS NEXT?

Your doctor will run tests based on your chances of having an underlying condition and the amount of blood found.

WHAT TESTS ARE DONE?

Blood pressure, further urine tests, blood tests, and ultrasound of the kidneys and bladder. You may be referred to a specialist who can look inside your bladder with a camera.

Patients with no clear cause will have urine testing and blood pressure readings once a year for up to 3 years. Your health care professional will discuss your follow-up with you.



IMPORTANT TIPS

1. The chances of finding cancer are very low, but it still needs to be ruled out.
2. Getting the tests ordered by your health care professional will help rule out any underlying illness.
3. The best way to reduce risk for cancer or other diseases is to stop smoking.
4. Talk to your health care professional if you need help stopping smoking.

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