

HEMATURIA

REFERRAL GUIDELINE

MAINE MEDICAL PARTNERS - UROLOGY • 100 BRICKHILL AVENUE, SOUTH PORTLAND, ME • (207) 773-1728

HIGH RISK

SUGGESTED EMERGENT CONSULTATION

SYMPTOMS AND LABS

For same-day in-office urology evaluation (less than 24-48 hours):

- Multiple clots in urine
- Inability to void
- Flank / suprapubic pain or fullness
- Fevers or signs of systemic illness
- Symptoms of acute anemia

SUGGESTED PREVISIT WORKUP

- Urinalysis (dipstick ok)
- Vital signs (if unstable, refer directly to ED)
- CBC and BMP stat
- Coags stat (if on anticoagulation)

MODERATE RISK

SUGGESTED CONSULTATION OR CO-MANAGEMENT

SYMPTOMS AND LABS

Semi-urgent referral to urology (within 1-2 weeks):

- Painless visible hematuria with negative urine culture

SUGGESTED WORKUP

If risk factors are present (age greater than 40, history of tobacco exposure, exposure to textile dyes / manufacturing / leather tannery / pelvic radiation / chronic NSAID use), then recommend:

- CT abdomen and pelvis with and without IV contrast
- BMP
- Urology referral for cystoscopy under local anesthesia
- Urine cytology if visible hematuria

LOW RISK

SUGGESTED ROUTINE CARE

SYMPTOMS AND LABS

If dipstick is positive for blood, then order urine microscopy

If greater than or equal to 3 rbc/hpf, refer to Urology

SUGGESTED MANAGEMENT

If risk factors are present (age greater than 40, history of tobacco exposure, exposure to textile dyes / manufacturing / leather tannery / pelvic radiation / chronic NSAID use), then recommend:

- CT abdomen and pelvis with and without IV contrast
- BMP
- Urology referral for cystoscopy under local anesthesia

CLINICAL PEARLS

- A CT with IV contrast is required because many forms of urinary pathology are not visible on non-contrast studies.
- For healthy patients with no risk factors (less than 40, nonsmokers), no pre-consult imaging is required.
- If patient is unable to have CT with IV contrast, order CT without IV contrast.
- Refer to the American Urological Association website for the AUA Guideline for workup of hematuria, www.auanet.org