Hematuria (Blood in the Urine), Adult

Hematuria (blood in your urine) can be caused by a bladder infection (*cystitis*), kidney infection (*pyelonephritis*), prostate infection (*prostatitis*), or kidney stone. Infections will usually respond to *antibiotics* (medications which kill germs), and a kidney stone will usually pass through your urine without further treatment. If you were put on antibiotics, take all the medicine until gone. **You may feel better in a few days, but TAKE ALL MEDICINE or the infection may not respond and become more difficult to treat.** If antibiotics were not given, an infection did not cause the blood in the urine. A further work up to find out the reason may be needed.

HOME CARE INSTRUCTIONS

- **Drink lots of fluid, 3 to 4 quarts a day.** If you have been diagnosed with an infection, cranberry juice is especially recommended, in addition to large amounts of water.
- Avoid caffeine, tea, and carbonated beverages, because they tend to irritate the bladder.
- Avoid alcohol as it may irritate the prostate.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- If you have been diagnosed with a kidney stone follow your caregivers instructions regarding straining your urine to catch the stone.

TO PREVENT FURTHER INFECTIONS:

- Empty the bladder often. Avoid holding urine for long periods of time.
- After a bowel movement, women should cleanse front to back. Use each tissue only once.
- Empty the bladder before and after sexual intercourse if you are a female.
- Return to your caregiver if you develop back pain, fever, *nausea* (feeling sick to your stomach), vomiting, or your *symptoms* (problems) are not better in 3 days. **Return sooner if you are getting worse.**

If you have been requested to return for further testing make sure to keep your appointments. If an infection is not the cause of blood in your urine, X-rays may be required. Your caregiver will discuss this with you.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have a persistent fever over 102º F (38.9º C).
- You develop severe vomiting and are unable to keep the medication down.
- You develop severe back or abdominal pain despite taking your medications.
- You begin passing a large amount of blood or clots in your urine.
- You feel extremely weak or faint, or pass out.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 12/18/2006 Document Re-Released: 03/16/2010
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