



## GP guide for imaging the urinary tract with ultrasound

Ultrasound is the first-choice of investigation for a range of urinary signs and symptoms. For a male patient the prostate will always be included in the examination. Ultrasound should be requested if a patient presents with the following signs or symptoms:

- Abnormal renal function tests
- Recurrent infections
- Loin/flank pain
- Mass or swelling in the loin
- Urgency/frequency of micturition
- Prostatism
- Haematuria

### Referral Guidelines

Presenting Complaint	Imaging Guidance
<b>Abnormal renal function tests</b>	<p>Ultrasound is a useful investigation to assess the size of the kidneys and detect any renal scarring.</p> <p>Ultrasound is helpful to exclude any structural abnormality.</p>
<b>Recurrent infections</b>	<p>Ultrasound is helpful to exclude any structural abnormality of the kidneys, ureters or bladder.</p>
<b>Loin/flank pain or tenderness</b>  <b>Loin/flank swelling or mass</b>	<p>Ultrasound is helpful to exclude:</p> <ul style="list-style-type: none"> <li>Hydronephrosis</li> <li>Renal stones</li> <li>Renal masses</li> <li>Renal cysts</li> </ul>

## Referral Guidelines (continued)

Presenting Complaint	Imaging Guidance
<b>Urgency/frequency of micturition</b>	Ultrasound is helpful to assess: Pre-and post void residual volumes. Compressing masses (in or outside) the bladder.
<b>Symptoms of prostatic hypertrophy</b>	Ultrasound is a useful non-invasive method to assess the size of the prostate and any abnormalities of the structure.  For suspected prostate cancer it is advised to carry out a PSA blood test and if it is raised to refer to a specialist clinic.
<b>Haematuria</b>	Ultrasound is useful to rule out renal or bladder masses or lesions or thickening of the bladder wall.

Patients attending for a urinary tract ultrasound will be required to have a full bladder prior to the examination. We advise patients to drink at least a litre of water before they attend for their scan. If you think this will be a problem for a patient they will need to come early (about an hour before their appointment) and bring a litre of water with them to drink before we carry out the scan.

## How do I refer a patient?

To refer a patient for an ultrasound complete one of our referral forms available from our website ([www.inhealthgroup.com](http://www.inhealthgroup.com)).

## References

iRefer. Royal College of Radiologists. 7th edition, 2012.

Right test, right time, right place; a Framework for Primary Care Access to Imaging. Royal College of Radiologists and Royal College of General Practitioners, 2006.

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