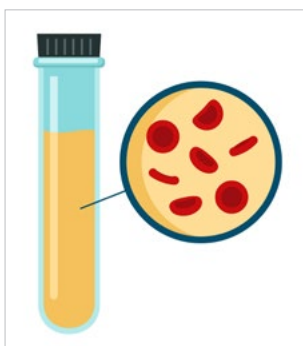


# URINE TESTING

## Which urine tests are used to detect bladder cancer?

Urine tests can help find bladder cancer, especially in people with blood in their urine (**hematuria**). These tests can also check for cancer coming back after treatment. Two common tests are urine **cytology** and urine **tumor marker** tests. These are usually used along with imaging and a procedure called **cystoscopy** (where a small camera looks inside the bladder) to help detect or rule out bladder cancer.



## What are the benefits of urine testing?

- Non-invasive and painless
- Easy to collect a sample, sometimes even at home
- Fast results
- Provides helpful, reliable information about your health

## What is urine cytology?

Urine cytology looks at cells in a urine sample under a microscope to see if they show signs of cancer. In people with bladder cancer, cancer cells may appear in their urine because these cells grow and shed quickly. Urine cytology works better with certain types of tumors, so if the results are unclear, more tests may be needed.

## What are urine tumor marker tests?

Urine tumor marker tests look for specific substances in the urine that may indicate bladder cancer. If a person has bladder cancer, the tumor may release markers, like certain proteins or genetic materials (DNA and RNA), into the urine.

When combined with imaging and cystoscopy, urine tumor marker tests can:

- Improve the accuracy in detecting bladder cancer.
- Help avoid unnecessary tests for people who don't have cancer.
- Reduce the need for frequent cystoscopies for people being monitored after bladder cancer treatment.

The type of urine test chosen depends on the person's symptoms and their risk of bladder cancer.

## How are urine samples collected?

Collecting a urine sample is quick and painless. Your doctor will give you instructions on when and where to provide the sample, which may be at a lab or at home. The type of sample needed depends on the test. Sometimes, you may need to give a sample from your first or second trip to the toilet, or even collect all your urine over a certain time, like 8 or 24 hours.

A common method is the **midstream sample**:

1. Begin peeing into the toilet.
2. Pause and collect the **middle portion** in a clean container.
3. Finish peeing into the toilet.

This process helps reduce the chance of other substances getting into the sample. Some tests allow you to collect the sample at home and send it to the lab.

# URINE TESTING

## ASK YOUR HEALTHCARE TEAM

- *What should I do to prepare for the test?*
- *When will I receive my results?*
- *Are tumor marker tests suitable for me?*
- *Can a urine test reduce the need for my scheduled cystoscopies?*
- *Is in-home sample collection an option?*

## TERMS TO KNOW

- **Cystoscopy:** A procedure where a thin, lighted tool is used to look inside the bladder through the urethra.
- **Cytology:** The study of cells under a microscope.
- **Hematuria:** Blood in the urine.
- **Tumor Marker:** Substances, usually proteins, that are made by cancer cells in larger amounts. Genetic changes in tumor tissue, such as gene mutations, patterns of gene expression, and other changes in tumor DNA, are also used as tumor markers.

## NEXT STEPS

- After a urine test, your doctor may suggest other tests, like imaging or a cystoscopy, to check for bladder cancer. If a test finds cancer, a **Transurethral Resection of the Bladder Tumor (TURBT)** may be needed. This surgery, done while you're asleep, removes the tumor so it can be examined by a specialist. Visit [BCAN.org/bladder-cancer/TURBT](https://www.bcan.org/bladder-cancer/TURBT) for more information.

## The Bladder Cancer Advocacy Network (BCAN)

*BCAN's mission is to increase public awareness about bladder cancer, advance bladder cancer research, and provide educational and support services for the bladder cancer community.*



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