



National University
Hospital



Understanding Your CT Scan Results

A Guide to Incidental Findings – Kidney

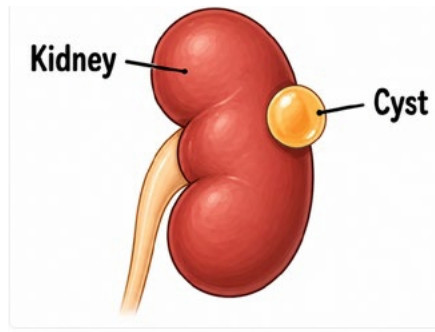
What is an incidental finding?

Sometimes, when doctors take pictures of your chest (called a CT scan), they spot something that wasn't the reason for the scan. This is called an incidental finding. Think of it like having your photo taken and someone noticing something in the background. Most of the time, these findings are harmless, but your doctor wants to make sure you know about them and get any help you might need.

Kidney (Renal) Lesion

At a glance summary:

- The **kidneys** are bean-shaped organs that clean your blood and make urine.
- A **cyst** is like a small balloon filled with watery fluid. Simple cysts in the kidney are benign (not cancerous) and do not need treatment.
- **Kidney cysts** are very common, especially as we get older, and are almost always harmless.
- You have been given this leaflet because something was seen on your kidney that is or might be a cyst. This is nothing to be too concerned about, and may not need any further tests or treatment. However, if necessary, your doctor may advise you to get another scan or see a specialist about this. Please see below for more detailed information.



What was found?

Something was spotted in one of your kidneys on the CT scan. Most of the time, this turns out to be a simple cyst. This is a small, harmless, fluid-filled sac which is extremely common and usually does not need treatment. Your doctor will explain which of the following applies to you:

- It looks like a simple cyst or is too small to see clearly: This is very common and nothing to worry about. No further scans are needed.
- It wasn't fully seen on this scan: A follow-up ultrasound or kidney CT will be arranged just to get a clearer picture. This is a routine precaution.
- It needs closer attention: The lesion has some features that need further checking. Your doctor will arrange imaging and refer you to a kidney specialist (urologist).

Is it serious?

Most kidney cysts cause no symptoms. If you notice blood in your urine, pain in your back or side, or a lump in your abdomen, or experience weight loss, please tell your doctor promptly.

If you notice blood in your urine at any time, please seek medical attention promptly.

This leaflet is a guide only. Your doctor will advise on what is most appropriate for your individual situation. Please do not hesitate to ask any questions.

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Scan for
more information

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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