

## Patient information factsheet

# Having a cystogram

This factsheet will give you information about having a cystogram or a micturating cystogram. We hope it will answer some of the questions that you may have but, if there is anything that you do not understand, a member of your healthcare team will be happy to explain further.

### What is a cystogram?

A cystogram is an x-ray test to examine your bladder.

A micturating cystogram is an x-ray test to study your bladder while you are passing urine.

The procedure will take place in the radiology department and usually takes approximately 30 minutes but please allow one hour for your appointment.

### Preparation for the procedure

No special preparation is needed and you can eat and drink as normal on the day

If you are female and of childbearing capacity, you will be asked to complete a form with the date of your last period and whether there is any possibility you may be pregnant. This is because this examination should only be performed when we can be sure that you are not pregnant.

Please let us know as soon as possible if you have problems standing or transferring from a wheelchair so that we can make arrangements.

You should also let us know if you have had any previous allergic reactions to iodine or x-ray contrast (a liquid that is visible on x-ray). Our telephone number is over the page.

### What to bring with you

You might wish to bring your own dressing gown, slippers and reading material.

### During the procedure

You will be asked to change into a hospital gown before being taken to the examination room.

If you do not already have a catheter in place, the radiologist (a doctor who uses x-rays to diagnose illnesses) will clean the area and gently insert a small tube (catheter) into your urethra (the opening through which you urinate).

Most people do not find the procedure painful but you may experience some discomfort when the catheter is inserted.

X-ray contrast (a liquid that is visible on x-rays) will be introduced into the catheter passing into your bladder.

X-ray pictures will then be taken and, if the catheter has been inserted just for the procedure, it will be removed. If a micturating cystogram is required, the catheter will be removed once your bladder is filled with contrast liquid.

You will then be asked to pass urine into a container and x-ray pictures will be taken. You may feel embarrassed about having to urinate in front of other people. However, try to remember that this is a routine test and we want you to feel as relaxed as possible. When you are asked to urinate, a screen will be brought across to make a private area.

## After the procedure

No special care is necessary after the procedure and you can return to your usual daily activities.

If you experience any discomfort urinating, it usually resolves in less than 12 hours. Your urine may also be slightly pink after the test but it is not anything to worry about. You should see your GP if you experience any bleeding or difficulties with passing urine.

## Risks

There is a very small risk of developing a urine infection. You should contact your doctor if you experience abdominal pain, shivers or sweats, or your urine becomes discoloured or smells offensive in the days after the procedure.

There is some exposure to radiation during the procedure because x-rays are used. However, as this is a low dose examination, exposure to radiation is kept to a minimum. Generally, the amount of radiation you are exposed to during this procedure is equivalent to between a few days and a few years of exposure to natural radiation from the environment.

## Results

The radiologist will examine the pictures and a report of the findings will be sent to the doctor who requested the procedure. This report should be available at your outpatient follow up appointment.

## Further information

Some of your questions should have been answered in this factsheet but remember that this is only a starting point for discussion about your treatment with the doctors looking after you.

It is important that you are satisfied that you have received enough information about the procedure. If you have any questions before or after the examination please telephone the radiology department on 023 8120 4870 from 9am to 5pm, Monday to Friday.

## Useful links

NHS Choices [www.nhs.uk](http://www.nhs.uk)

If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone 023 8120 4688 for help.