

Patient information factsheet

Having a cystogram

We have given you this factsheet because your doctor has referred you for a cystogram examination. It explains what a cystogram is and what will happen at your appointment, so you know what to expect. We hope it will answer some of the questions you may have. If you have any further questions or concerns, please contact us using the details at the end of the factsheet.

What is a cystogram?

A cystogram is a type of x-ray test (a procedure that uses radiation to produce images of inside the body) to look at your bladder.

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

How should I prepare for the procedure?

No special preparation is needed, and you can eat and drink as normal on the day and take your usual medications.

Allergies

Please contact us as soon as possible if you have had any reactions to iodine or x-ray contrast (a liquid visible on x-rays) in the past.

Pregnancy

If you are pregnant or think there is a chance that you might be pregnant, please contact us before your appointment.

Additional support

Please let us know as soon as you receive your appointment letter if you have problems standing or transferring from a wheelchair so that we can make sure we have the appropriate equipment and support available.

If you have any personal health concerns which you feel may affect your safety in the department, or if you think you may need assistance, please let us know when you arrive.

Clothing and jewellery

Some clothes can affect the quality of the x-ray images, so please be aware that you may be asked to change into a hospital gown.

We will also ask you to remove any jewellery that may interfere with the x-ray images. As a department, we cannot take responsibility if these items are lost or misplaced, so we advise removing all jewellery at home before your appointment.

What will happen during the procedure?

The procedure will be done by a radiologist (a doctor who uses x-rays to diagnose illnesses) in the radiology department. There may also be a radiographer and a radiography department assistant in the room to help with the procedure.

If you do not already have a catheter in place, your radiologist will clean the area and gently insert a small tube (catheter) into your urethra (the opening through which you pee).

Next, we will put x-ray contrast through your catheter into your bladder and take x-ray pictures. If the catheter was inserted just for the procedure, we will remove it afterwards.

If you need a micturating cystogram, we will remove your catheter once your bladder is filled with x-ray contrast liquid. We will then ask you to pass urine into a container. We will give you a screen to give you as much privacy as possible. We will then take x-ray pictures. 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.

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

How long will the procedure take?

The procedure will usually take about 30 minutes but please allow one hour for your appointment.

What will happen after the procedure?

No special care is needed after the examination, 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 examination, but it is nothing to worry about.

If you experience any persistent bleeding or difficulties with passing urine, speak to your GP and let them know you have recently had this procedure.

Are there any risks?

Infection

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

Radiation

During your procedure, we will use x-rays to see inside your body. The procedure cannot be done without x-rays. All x-rays use ionising radiation which increases your risk of cancer, but for this procedure, the risk is very low.

Your doctor has decided that the benefit to you from the procedure outweighs the very low risk from the radiation. We will not expose you to any more radiation than is absolutely necessary.

Pregnancy

This procedure involves the use of ionising radiation (x-rays) which, although considered safe for you, may be harmful to an unborn baby. Because of this, we have a legal obligation to check if there is any chance that you may be pregnant. We have to ask this question to anyone who has the potential to become pregnant, regardless of age or circumstances.

When will I receive my results?

We will not be able to give you with any results or feedback on the day of your procedure. We will examine the x-ray images and then send a report of our findings to the doctor who referred you for the procedure.

If you were referred by a doctor at the hospital, this report should be available at your next outpatient appointment.

Further information

Transport

Our car parks can get very busy, so if you are arriving by car, please allow plenty of time to find a space. You may wish to consider getting a lift or coming by public transport.

If you have a medical condition that means you need help getting to and from the hospital, please contact the patient transport services directly on 0300 123 9833.

Bringing someone with you

Do not bring children with you to your appointment, unless you have another responsible adult with you to look after them while you have the procedure. Children cannot stay with you while you have the procedure and they must not be left unattended at any time.

Our staff cannot supervise your children on your behalf.

If this causes any difficulties, please contact us to rearrange your appointment using the details below.

Contact us

If you have any questions or concerns before or after your examination, please contact the radiology department using the details below.

Radiology department

Telephone: **023 8120 6079** (Monday to Friday, 9am to 5pm)

If you are unsure why you need to have this procedure, please speak to the doctor or clinical team who referred you.

Useful links

www.uhs.nhs.uk/for-visitors/southampton-general-hospital/getting-here

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **PFSH@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**