

# Cystogram

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The x-ray department has received a request for you to have a cystogram examination.

This leaflet tells you about the examination. It explains what is involved and what the possible risks are. We will also send you an appointment letter with a date and time for your examination. If you have any questions about the procedure please ask the doctor/person who has referred you for the test or contact the x-ray department on:

**0300 019 4109**

**0300 019 4106**

Monday to Friday between 9am-4.30pm

## What is a cystogram?

A cystogram is a type of x-ray examination that will allow us to examine your bladder. The examination shows the appearance of the bladder and how it fills; it allows us to look for normal or abnormal appearances. The procedure is performed by a radiologist or an advanced practitioner. X-ray dye (contrast) is used to fill the bladder and shows up on the images.

## How can I prepare for the examination?

No preparation is required for this examination. Continue to take medicines as you normally would.

## What will happen when I arrive?

You should go to the reception desk in the x-ray department to let them know you have arrived, after which you will be shown where to wait until collected by a member of staff. You will be taken to a private changing cubicle where you will be asked to change into a hospital gown. You only need to remove your clothing from below the waist. You are welcome to bring your own gown and bag, but a bag and dressing gown will be provided for all your clothes if you do not wish to bring your own.

## What hospital staff might I meet?

You will be cared for by a small team which may include a radiologist/advanced practitioner, a radiographer and a radiology assistant. Whoever is doing the examination will be watching an x-ray screen at the time and taking separate x-ray films. A radiologist or an advanced practitioner will subsequently examine the record of the images before writing a report on their findings.

## What happens during the examination?

You will be taken into the x-ray room where we will introduce all staff members. The procedure will then be explained to you, and you will have the opportunity to ask any questions.

You will be positioned on an x-ray table on your back with an x-ray tube positioned above your pelvic area. Your urinary catheter bag will be disconnected and x-ray contrast will be passed into the bladder through the catheter that is already in place. Once we are happy that we have filled the bladder, we will take x-ray images in different positions. You will not have to move as the x-ray machine will move around you. We will finish once we are happy that we have all the x-ray images we need. We will not remove the catheter tube. We will try and drain as much of the contrast as we can out of the bladder and reconnect your catheter bag.

## Will I feel pain?

There may be some slight discomfort as the bladder is filled. Please let us know if you feel any discomfort.

## How long will it take?

This whole process should take about 15-30 minutes, and after this you should be free to dress and leave the department.

## After the examination

After the examination you should be able to carry on as normal with work or other activities. We strongly advise that you drink plenty of fluids after the examination to reduce any risk of infection. We advise a minimum of 2 litres of fluids to be drunk.

## Are there any risks?

All x-ray procedures involve exposure to radiation in varying amounts. In all x-ray examinations the amount of radiation is kept to the minimum necessary.

There is a small risk of introducing infection with the catheter, drinking plenty of fluids will minimise this risk.

The contrast dye that is used contains iodine which can cause some people side effects. Side effects are rare, 1 to 10 in 10,000. If you have had any previous side effect to X-ray contrast, you must tell your doctor. Alternatively, contact the X-ray department on:

**0300 019 4109**

**0300 019 4106**

## When will I get the results?

The x-rays will be examined after your visit and a written report on the findings sent to your referring doctor.

You should already have a follow up appointment with the team who referred you. If not, please contact them to arrange one so that you can discuss the results of this test.

## What if I am or think I am pregnant

This examination is not advisable for pregnant women unless there are exceptional circumstances. Please advise the department in advance if you think you are or might be pregnant.

## Can I bring a relative/friend?

Yes - but for safety reasons they will not be allowed to enter the x ray room with you, except in special circumstances.

## and finally...

Some of your questions should have been answered by this leaflet, but remember that this is only a starting point for discussion about your treatment with the doctors looking after you. Make sure you are satisfied that you have received enough information about the procedure.

## Useful phone numbers

Hospital switchboard (Bournemouth Hospital)

**01202 303626**

Radiology appointments

**0300 019 4109**

**0300 019 4106**

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