

Cystogram examination

Radiology Department Patient information

Introduction

The radiology (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. Please make sure you check this to make sure you attend the correct hospital site.

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 most often performed after recent bladder surgery or bladder injury. It uses a special contrast dye (iodine-based) and fluoroscopy (a real-time x-ray video)

The procedure is performed by a radiologist or a radiographic practitioner.

Is there an alternative examination?

There may be alternative imaging available. However this has been considered to be the most appropriate test for you.

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 radiology department to let them know you have arrived. You will then be directed to a waiting area until you are 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 if you prefer, however, these will be provided for you 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 practitioner, a radiographer and a radiology assistant. Whoever is doing the examination will be watching an x-ray screen at the time and taking x-ray images of your bladder. These images will then be looked at, and a report of the findings will be made. A radiologist or an advanced practitioner will then review the images and produce report detailing their findings.

Privacy and dignity

Sometimes tests can feel embarrassing and undignified, but we will do everything we can to ensure you are as comfortable as possible during your examination.

What happens during the examination?

You will be taken into the X-ray room, where you will be introduced to all staff members involved in your care. The procedure will then be explained to you in detail, and you will have the opportunity to ask any questions. We will discuss the benefits and risks of the procedure and check for any allergies or previous reactions to x-ray contrast.

If you are happy to go ahead, we will ask you to sign a consent form.

If you are between 10 and 55 years, we will ask you to complete an inclusive pregnancy form. We need to check if you are pregnant before the procedure as we are using radiation.

You will then be positioned on an x-ray table. You will be lying on your back, with the x-ray tube placed above your pelvic area. Your urinary catheter bag will be disconnected. X-ray contrast will be put into your bladder through the catheter that is already there. Once we are sure your bladder is filled enough, we will clamp the catheter to stop the contrast from draining out.

We will then take x-ray images in different positions. You will not need to move. The X-ray machine will move around you. The procedure will be complete once we have all the images we need.

We will not remove the catheter. At the end of the procedure, we will drain as much of the contrast as possible from your bladder and reconnect your catheter bag.

Will I feel pain?

There may be some slight discomfort as the bladder is filled. As the contrast is introduced your bladder will start to feel full, if the feeling of “fullness” becomes uncomfortable please let us know if.

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

At the end of the examination the majority of the x-ray contrast will have been removed from your bladder, the remaining contrast will pass into your catheter bag. The x-ray contrast we use is sticky to the touch and you may notice this on your skin. It washes off easily.

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 to reduce any risk of infection. We advise a minimum of 2 litres of fluids to be drunk.

Unfortunately, we are unable to remove your catheter at this appointment. This will be arranged by a different team, usually a day or a few days after your cystogram examination.

Are there any risks?

This is a safe examination. However as with any examination there are small risks, although these are extremely rare.

Radiation exposure: 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.

Infection: There is a small risk of introducing infection within the catheter: drinking plenty of fluids will minimise this risk.

Contrast: The contrast that is used contains iodine which can cause some people side effects/allergies. Side effects/allergic reactions are rare. If you have had any previous side effect to x-ray contrast, you must tell us or your doctor.

When will I get the results?

The x-ray images 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 if you are pregnant 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...

If you found reading this leaflet difficult and do not understand what it means for you please contact us.

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 and please contact us with any queries or concerns.

Contact for the radiology department:

Contact number: **0300 019 6792**. 9am - 4pm, Monday to Friday.

Or alternatively you can email us: **uhd.fluoroappointments@nhs.net**.

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