

## Radiology Department

# Cystogram

### Introduction

You have been advised by your doctor to have Cystogram and you and you have been referred to Radiology department to have this procedure. This information leaflet has been produced to give you general information and is intended to answer most of your questions.

This leaflet will explain what the examination involves. It may not answer all your questions, so if you have any worries, please do not hesitate to call the telephone number on your appointment letter. If you feel unhappy with any part of your care, please ask to speak to a senior member of staff.

Please read this leaflet carefully to ensure you successfully prepare for the examination. The consultant who referred you should have discussed the reasons for this procedure with you and you should make sure that you understand this before attending for the procedure.

Please contact the X-ray Department if your weight is equal to or more than **205Kg (32 stone)** – You may require an alternative examination.

### Points to Remember

- Please bring any sprays or inhalers that you are taking with you to your appointment.
- If you are on medication from your doctor, please continue to take it



## Patient Information

as normal.

- We also ask you to leave any valuable possessions at home.

## What is a Cystogram?

- This is a special X-ray examination to demonstrate the anatomy (appearance) of your urinary bladder
- The examination will be performed by a radiologist (X-ray doctor) who may be assisted by a radiographer and a radiology nurse or a radiology department assistant.
- The procedure may take up to 30 minutes.

## Preparation

- There is no preparation required for this procedure; however you may wish to bring a small wash kit and towel for afterwards.

You will be asked to empty your bladder (pass water) before you are called into the X-ray room.

## Risks/benefits of Procedure

- It is possible that you may have an allergic reaction from the contrast agent used. You will be asked about allergies by the radiologist or radiographer at the time.
- X-rays are a type of radiation. We are all exposed to natural background radiation every day of our lives; this comes from the sun, food we eat, and the ground. Exposure to X-rays carries a small risk, but your doctor feels that this risk is outweighed by the benefits of having the test. We will take all safeguards to minimise the amount of X-rays you receive.

## Safety

**Patients aged 12 – 55 years- could you be pregnant?** The risks of radiation are slightly higher for the unborn child so you will be asked to confirm that you are not pregnant before the examination can proceed.

### What will happen when I arrive?

- You will be asked to report to the Fluoroscopy and Interventional reception desk, by following **Route 2**, to be checked in and arrived for your appointment.
- You will be asked to undress and put on an examination gown. Please feel free to bring your own dressing gown to wear over the X-ray gown.

### During your examination

You will be taken into the X-ray room where the examination will be explained to you and you may ask any questions that you have.

- The examination is performed under sterile technique so the radiologist will wear sterile gloves. You will lie on the X-ray table and a small soft tube (called a catheter) is passed through the opening of the urethra and into the bladder. **If you already have a bladder catheter from a recent operation, we will use this tube instead.**
- A contrast medium (a colourless liquid that shows up on X-rays) is run slowly into the bladder through the catheter. You will be asked to tell the radiologist when your bladder feels completely full and X-rays will be taken of your bladder.

### After your examination

- You may go to the toilet to clean and shower if you want to.
- You should have plenty to drink for a day or two.
- If you have any problems after the examination, please see your GP.

### How do I get the results?

The results will not be given to you immediately. They will be sent to the doctor who referred you to us for this examination.

## Other Sources of Information:

For information about the effects of X rays and information about radiology departments visit the NHS website: <https://www.nhs.uk/conditions/x-ray/>

Please note that the views expressed in these websites do not necessarily reflect the views of UHCW NHS Trust.

## Do you need an interpreter?

If you need an interpreter, we will provide one of our hospital-based interpreters. You cannot use a friend or relative to interpret for you. We provide an interpreter as you are having a complex procedure and we want you to be supported by someone familiar with explaining your procedure.

A friend or relative is still very welcome to come with you to the hospital.

**It is important** that you contact Radiology at least 48 hours before your procedure to let us know that you need an interpreter. Please call Radiology on the telephone number 024 7696 6933 and we will arrange an interpreter for you.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact the telephone number on your appointment letter and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### Document History

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