

Radiology

Micturating cystogram information

You have been advised by your doctor or consultant to have a micturating cystogram. They 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 read this leaflet carefully as it will explain what the examination involves. It may not answer all your questions, so if you have any queries please 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 contact the X-ray Department if your weight is equal to or more than 205kg (32 stone), as you may require an alternative examination.

What is a micturating cystogram?

A micturating cystogram is an examination that uses X-ray fluoroscopy to visualise your urinary bladder and the lower end of the tubes called the ureters that drain urine from the kidneys to the bladder.

The examination is usually intended to look for either:

- Reflux - when urine flows back up the tubes towards the kidneys

Or

- A leak from the urinary bladder after an operation.



Patient Information

The examination will be performed by a Radiologist (a doctor who is specialised in X-rays) and they will be assisted by a radiographer, 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 also be asked to empty your bladder (pass water) before you are called into the X-ray room.

What will happen when I arrive?

On arrival at the Radiology / X-Ray Department, please report to the main reception. Once you have been registered, you will be asked to follow the signs round to route 2 (fluoroscopy). If you have any difficulty, then a member of staff will be happy to assist.

Once you have arrived in fluoroscopy, a member of staff will ask you 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 - 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.

Depending on the reason for the test, you may also be asked to pass water into a bottle or container while further X-rays are taken.

After your examination

- You may go to the toilet to clean with a bowl if you want to
- You should have plenty to drink for the next 2 days

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.

Risks of the 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 of your procedure.

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 safeguarding measures to minimise the amount of X-rays that 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.

Points to remember

- Please bring any sprays or inhalers that you are taking
- If you are on medication from your doctor, please continue to take it as normal
- We also ask you to leave any valuable possessions at home

Other sources of information

For general information about radiology departments visit the Royal College of Radiologists website: www.goingfora.com

For information about the effects of X-rays read the NRPB publication: "X-rays how safe are they?" on the Health Protection Agency website: www.hpa.org.uk

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

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.

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