

Cystogram

Radiology Department



Patient information leaflet

This is an examination of the bladder using x-ray dye to show the anatomy of the bladder and occasionally the voiding (emptying) of the bladder.

This leaflet provides you with information about having a Cystogram. It explains what is involved and who you will meet.

Why do I need a Cystogram?

It may be that you have had symptoms such as bladder infections, blood in the urine, problems with incontinence (leaking urine) or other symptoms which suggest that you may have a problem with the structure of the bladder. This examination is also used following recent bladder surgery or bladder injury.

What preparation is required?

No preparation is required before a Cystogram; you can eat and drink as normal.

Please note that our x-ray table has a patient weight limit of 23 stones or 146kg. If you know that you weigh more than this it is important that you telephone the department on **01483 464150**.

Women of child bearing age

This examination is not advisable for pregnant women. Please advise the x-ray department in advance if you are, or think you might be pregnant.

Can I bring a relative or a friend?

Yes but for safety reasons, you will need to come into the x-ray room on your own.

The Radiology Department

Radiology is also known as the X-Ray or Imaging Department.

Who will I meet?

Receptionist/Clerical Staff: can help you make or change your imaging appointments and ensure your details are correct when you arrive for your appointment.

Radiographer: a health care professional who will assist the radiologist.

Radiologist: a specialist doctor trained to inject x-ray dye and to take images during the examination. They will also interpret the images and report them for your consultant.

What happens when I arrive?

Please register at the reception desk, where you will be directed to the waiting area. A private changing cubicle and gown will be provided and you will be asked to remove your clothes from below the waist. We would also like you to empty your bladder at this stage.

What will happen during the examination?

Your verbal consent will be gained prior to commencing the examination. You will also be asked relevant medical history, including any allergies you may suffer from. You will then be asked to lie on the x-ray table on your back.

If you already have a bladder catheter in situ, we will just disconnect the bag and attach our bottle of dye to your catheter via some tubing.

If you do not have a catheter we will have to insert one. This is done by either the doctor or a female nurse.

The skin will be cleaned first and then using local anaesthetic jelly for lubrication, the catheter will be inserted through your urethra and into your bladder. X-rays are then used to image the filling bladder as the dye is slowly introduced through the catheter.

Depending on the information your referring doctor requires, occasionally we will remove the tube and then take x-rays as you urinate (pee) the dye into a bed pan or special x-ray commode.

The procedure normally takes between 20 to 30 minutes but please allow yourself an hour for the appointment.

Please be assured we will do our best to maintain your dignity and privacy throughout this procedure.

Are there any risks or side effects to the examination?

The Cystogram is a safe examination. The dye we use is iodine based, however, as it does not enter the bloodstream, allergic reactions are extremely rare.

As with any bladder catheterisation there is a small risk of infection. Following this examination, if you find it painful with increased urgency in urinating or have a temperature, please contact your GP for antibiotics.

Will the examination be painful?

A Cystogram may cause a little discomfort during catheterisation. In addition as the dye is introduced your bladder will start to feel full.

What about aftercare?

Following the examination, you will be able to return to work.

The dye we use is sticky to the touch and you may notice this on your skin. It washes off easily.

Is there an alternative examination?

Patients referred for this test may also be referred for a cystoscopy to look at the structure of the urethra and bladder. A Cystogram however, provides information on how the bladder behaves as it fills and can demonstrate reflux (back flow of dye) from the bladder up the ureters towards the kidneys.

When will I get the results?

The x-rays we take will be reported on after your visit and the results sent to your referring doctor, which is normally within 14 days. If you already have a clinic appointment you will receive the results then, otherwise you will receive a letter with a date for a clinic appointment.

Privacy and dignity

Sometimes tests, although necessary, can be embarrassing or undignified for patients but we promise to do everything we can to make you as comfortable as possible during your visit to the department. We hope that the information in this leaflet will answer any questions you may have, but please feel free to contact us if you have any particular worries, questions or concerns.

Patient surveys

We value your opinion on our service and in order to deliver, maintain and improve this service, we ask you to complete a short patient questionnaire found with your appointment letter. Completion of this survey is entirely voluntary.

For further information about Diagnostic Imaging Services at Royal Surrey County Hospital NHS Foundation Trust, please contact:

Royal Surrey County Hospital NHS Foundation Trust

Egerton Road

Guildford

Surrey

GU2 7XX

www.royalsurrey.nhs.uk

Reference source

- Royal College of Radiologists
- Chapman & Nakielnys guide to radiological procedures

Useful websites

- NICE guidelines
www.nice.org.uk
- For general information about radiology departments visit
The Royal College of Radiologists' website: www.goingfora.com

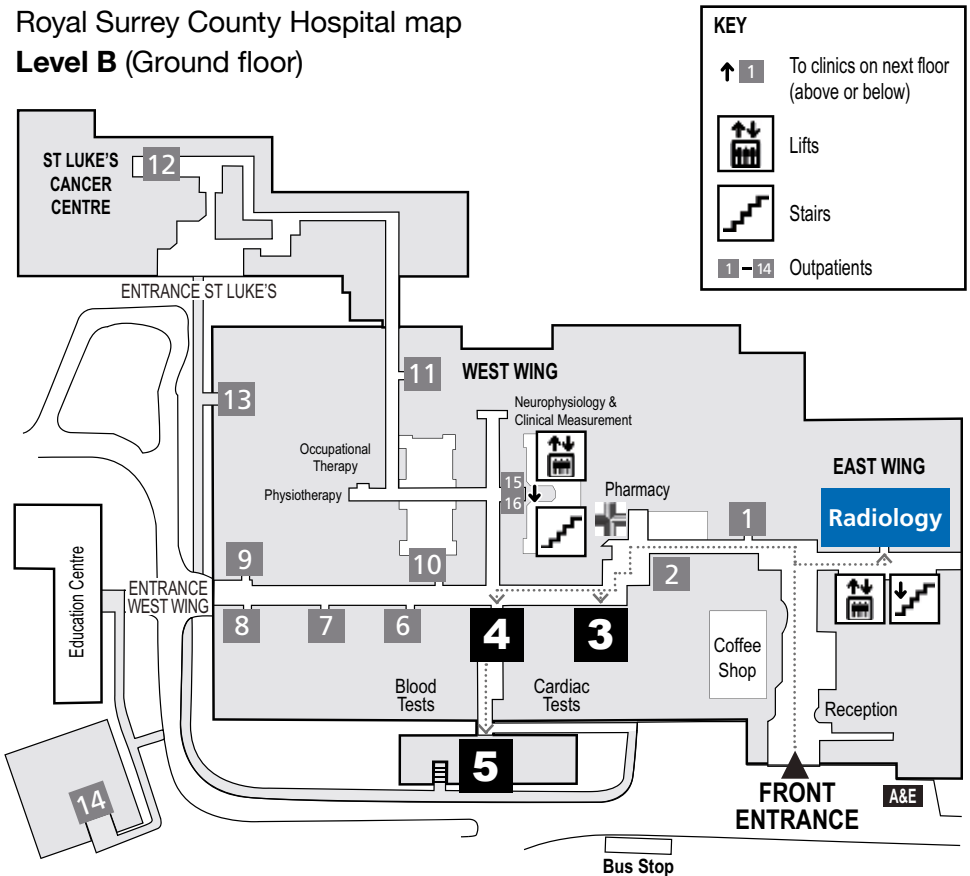
Information on radiation

- www.gov.uk/government/publications/ionising-radiation-dose-comparisons/ionising-radiation-dose-comparisons

How to find the Radiology Department

Royal Surrey County Hospital map

Level B (Ground floor)



Data sharing reference information is available on Royal Surrey County Hospital patient information leaflet entitled:

Your Healthcare records – your information, PIN120703–562

Royal Surrey County Hospital NHS Foundation Trust

Egerton Road

Guildford

Surrey

GU2 7XX

www.royalsurrey.nhs.uk

Radiology Department contact details

If you have any questions or would like to know more about this examination, please contact the Radiology Department on:

Telephone: 01483 571122 **ext** 2050 or 01483 464150

Monday–Friday, 9am–5pm

If you are unable to keep your appointment, please contact us as soon as possible.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: September 2017

Future review date: September 2020

Author: Libby Main

PIN170915–1316

