

Cystogram

WHAT IS A CYSTOGRAM?

A **cystogram is a diagnostic procedure that uses x-rays to examine the urinary bladder.** Still x-ray images or fluoroscopy (similar to an x-ray 'movie') may be used.

During a cystogram, contrast medium is injected into the bladder. Contrast is a type of dye that is visible on x-rays, allowing the particular organ or tissue being examined to be seen more clearly. X-rays are taken of the bladder, and fluoroscopy may be used to study the bladder emptying while a person urinates. A cystogram may indicate how well the bladder empties during urination and whether any urine backs up into the kidneys (vesico-ureteral reflux).

REASONS FOR THE PROCEDURE:

- To assess the cause of haematuria (blood in the urine).
- To assess recurring urinary tract infections (UTIs).
- To assess the urinary system when there has been trauma to the bladder, or to assess the bladder for leaks after surgery.
- To assess problems with bladder emptying and urinary incontinence.
- To assess obstructions and strictures (narrowing) of the ureters or urethra.
- To assess enlargement of the prostate gland.
- To assess possible problems with the nerves leading to the bladder from the spine, before and/or after spinal surgery.
- It may also be performed following trauma to assess for a tear in the bladder wall.

BEFORE THE PROCEDURE:

- The radiologist will explain the procedure to you and offer you the opportunity to ask any questions that you might have about it.
- If you're pregnant or suspect that you may be pregnant, you should notify your doctor prior to the procedure.
- Also notify your doctor if you've ever had a reaction to any contrast dye, or if you are allergic to iodine.
- Notify your doctor if you have a history of bleeding disorders or if you're taking any anticoagulant (blood-thinning) medications, aspirin, or other medications that affect blood clotting. It may be necessary for you to stop these medications prior to the procedure.

DURING THE PROCEDURE

- A cystogram takes approximately 30 minutes to complete.
- You'll be asked to remove any clothing, jewellery, or other objects that might interfere with the procedure, and you'll be given a gown to wear.
- You'll be asked to empty your bladder prior to the procedure.
- You'll lie on your back on the X-ray table and a catheter will be inserted into your bladder. If you already have a catheter in place, this will be used.
- An x-ray of your bladder will be taken before introducing contrast.
- The contrast will be run into the bladder through the catheter. After the contrast has been introduced, the catheter tubing will be clamped to prevent drainage from the bladder.
- X-rays will be taken while the dye is being injected and afterward. You may be asked to change position to obtain different views of the urinary system.

Cystogram CONTINUED

- If a voiding cystography is requested, the catheter will be removed and you'll be asked to urinate. X-ray or fluoroscopy films will be taken while you urinate. If you're unable to urinate while lying down, you may be allowed to sit or stand up.
- If a voiding cystography isn't performed, the catheter will be removed after all the required x-rays have been taken.
- If the study is to check for a leak after surgery and a leak is found, the catheter will be left in place. If no leak is seen, the tube will be removed at the end of the study.

AFTER THE PROCEDURE

- There is no special type of care required after a cystogram. You may resume your usual diet and activities, unless your doctor advises you differently.
- You should drink additional fluids for a day or so after the procedure to help eliminate the contrast from your system and to help prevent infection of the bladder.
- You may experience some mild pain with urination or notice a pink tinge to your urine for a day or two after the procedure. This is to be expected after insertion of the catheter into your bladder. **However, if the pain increases or persists longer than two days, notify your doctor.**
- **Also, notify your doctor to report any of the following:**
 - Fever and/or chills.
 - Abdominal pain.
 - Blood in the urine.
 - Urine output is less than usual amount.

RISKS OF THE PROCEDURE

- If you're pregnant or suspect that you may be pregnant, you should notify your doctor. Radiation exposure during pregnancy should be avoided if at all possible.
- Patients who are allergic to or sensitive to medications, contrast dyes, local anaesthesia, iodine, or latex should notify us, as well as their own doctor, prior to making an appointment.