

## 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 (bloodthinning) 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.