1. **WHAT IS A URETHROGRAM / CYSTOGRAM / VOIDING CYSTOUREREOGRAM?**

A cystogram is a special x-ray examination of the urinary bladder. A urethrogram is a special x-ray examination of the urethra (pathway between the bladder and the opening where urine exits the body). This anatomy is visualized with the use of contrast media (x-ray dye). A urethrogram can be done in conjunction with a cystogram or as a separate procedure.

Assessment of the urinary bladder and urethra is commonly performed for the investigation of urinary tract infections, although your doctor may request these procedures for other reasons.

2. **DO I NEED TO FOLLOW ANY SPECIAL INSTRUCTIONS TO BE READY FOR A CYSTOGRAM / URETHROGRAM?**

If there is a possibility that you are pregnant, please inform your physician before the procedure, as the procedure may have to be postponed or cancelled.

There is no special preparation for any of these procedures. There is no need to change your diet or medications.

If you are unable to keep your appointment, please let us know as soon as possible. Should you be admitted to hospital, please inform your physician about your appointment.

3. **WHO WILL PERFORM THE PROCEDURE?**

These procedures will be performed by a radiologist (a specialist medical doctor). An x-ray technologist will assist.

4. **WHAT HAPPENS TO ME DURING THE PROCEDURE?**

You will need to change into a hospital gown before the procedure. The procedure will then be explained to you. If you have any allergies (especially to x-ray dye), please let us know.

You will be asked to lie down on an x-ray table. A nurse will wash your genital area with antiseptic and cover it with a sterile sheet.

A catheter (small tube) will be introduced into the bladder through the urethra by a Diagnostic Imaging nurse. Topical anaesthetic gel (freezing) may be used on the catheter to make this easier. Some minor discomfort should be expected.

A technique called fluoroscopy will be used to allow the radiologist to watch x-ray images of your bladder on a monitor.

Contrast media (x-ray dye) will be injected slowly through the catheter into the bladder until it is full. The catheter will be removed. It is very important that you try to hold as much contrast media in your bladder as possible. Several x-ray images may be taken before the catheter is removed.

This completes the cystogram procedure.

If a urethrogram is not required, you will be free to use the washroom, get dressed and then leave the Department.

If a urethrogram or voiding cysto-urethrogram is required, you will then be asked to empty your bladder into a container. As the contrast media passes out your urethra, the radiologist will take several x-ray images. This procedure takes less than an hour.
5. SHOULD I EXPECT ANY AFTER EFFECTS AS A RESULT OF THIS PROCEDURE?

There is no need to restrict your activities after these procedures. You may, however, experience a small amount of bleeding and/or discomfort. There is also a very small risk of introducing infection into the bladder when the catheter is inserted.

If you experience significant difficulty in urinating or develop a fever, please seek medical attention.

If you develop hives or itching, or if you experience any difficulty swallowing or breathing, contact your physician or go to the Emergency Department of the hospital nearest you.

6. WHEN AND HOW WILL I KNOW THE RESULTS?

Your physician will receive a written report from the radiologist. You should obtain the results from your own physician. If there is any urgency, your physician is more than welcome to contact us by telephone.

If you have any other questions or concerns that have not been answered here, please feel free to ask our staff. We are here for YOU - patient care is our number one priority!