What is a Cystogram?
A cystogram is a procedure which involves introducing a contrast x-ray dye into the bladder to assess and/or diagnose any structural problems with the bladder and urethra such as:
- Trauma/Rupture/Leak
- Post-surgical checks
- Incontinence
- Ureteric reflux

This procedure is performed using x-ray guidance called fluoroscopy.

What to Bring:
Bring any relevant imaging scans (film packet or a CD containing X-rays, CT scans, ultrasound or MRIs etc.).

Preparation:
Tell staff at the time of booking and when you attend your procedure if you have any allergies, have had a previous reaction to an x-ray dye. This ensures that the appropriate measures are taken to carry out the procedure with maximum safety.

Eating/ drinking:
You may eat and drink prior to your procedure.

Medications:
Tell staff at the time of booking if you are taking any:
- Blood thinning medications (e.g. Warfarin, Xarelto, Rivaroxaban, Pradaxa, Apixaban, Eliquis),
- Antiplatelet medications (e.g. Clopidogrel, Plavix, Aspirin)

You will be informed if you need to stop taking these medications before your procedure.

Continue taking other medications as prescribed, unless directed otherwise by medical or nursing staff prior to your procedure.

Please bring a list of all your medications with you to your appointment.

Procedure:
On arrival to the radiology department our staff will discuss with you your medical history and ask you to change into a patient gown. You will be required to empty your bladder just prior to the procedure.
Cystogram
Radiology Service

The doctor will explain the procedure to you and you will have an opportunity to ask any questions you may have.

During the procedure you will be lying on your back on the fluoroscopy bed. The procedure requires the presence of an urinary catheter. If you do not already have one in place, one will need to be inserted by the radiologist.

Once the catheter is inserted, x-ray contrast dye will be injected through the catheter to fill your bladder until full. You may experience some pressure in your bladder during this time. Once your bladder is full, x-ray images will be taken.

The catheter will then be removed and you will be shown to a bathroom where you may empty your bladder.

**Insertion of Urinary Catheter:**
You will be lying on your back on the fluoroscopy bed. Your genital area will be cleaned with an antiseptic solution. The radiologist will administer numbing lubricant to your urethra. The catheter will then be inserted into the urethra and passed into your bladder. You may experience a slight burning sensation when the catheter is initially inserted and an urge to urinate once in place.

**Discharge**
Generally you will be able to go home immediately after your procedure if you have no other medical conditions or concerns that require further treatment.

You will be provided with an information sheet regarding discharge instructions upon completion of your procedure.

**Results:**
The results together with the procedure report will be sent to your referring doctor.

Return to your doctor to discuss examination results.

**Radiation Risk**
Most medical imaging tests, except MRI and ultrasound, involve exposure to radiation from X-rays. Your doctor considers that the benefits of the examination you require to be greater than the small risk posed by the radiation exposure.

Please advise us at the time of booking and/or at the time of your procedure, if you think you may be pregnant.

**Contact information:**
Radiology – the Alfred
55 Commercial Road, Melbourne VIC 3004
T +613 9076 2000
alfredhealth.org.au

**References:**
Inside Radiology:
The Royal Australian and New Zealand College of Radiologists®