

Cystogram

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Your health care provider wants you to have a cystogram. This exam uses X-rays to get images of your bladder. Your bladder is a muscular sac that stores urine.

During the exam, contrast will be dripped into your bladder through a catheter. This will help your bladder show up on the X-ray screen.

The exam takes about 60 minutes.

What To Tell Your Health Care Provider

Tell your health care provider if you:

- have had a contrast reaction
- have any allergies to latex or medicine
- are breastfeeding, pregnant or think you may be pregnant
- **have diabetes.** Ask for an early morning appointment and talk to your health care provider about your medicine needs.
- take any other medicines. Check with your health care provider to see if you have special medicine instructions.

Before the Exam

- Please follow any instructions you received from your health care provider.
- If you had X-rays or other tests taken at a different facility, please arrange to have them sent to the hospital or clinic where you are having your exam.

Your Appointment

Location: _____

Date: _____

Time: _____ a.m. / p.m.

Plan to spend at least _____ minutes / hours at the facility.

Phone number: _____

If you need to cancel or reschedule, call at least 24 hours before your scheduled appointment.

- Bring a list of your medicines and doses with you to the hospital. Include all prescription, over-the-counter, vitamins, herbal or natural products.
- Take any medicines you need with a small sip of water, or as directed by your health care provider.

During the Exam

- You will wear a hospital gown.
- You will lie on an X-ray table.
- A urinary catheter (small, flexible rubber tube) will be put into your bladder.
- Contrast will be dripped into your bladder through the catheter until your bladder feels full.

(over)

- X-rays will be taken. You may be asked to move into different positions.
- You will empty your bladder through the catheter tube or go to the bathroom.
- The catheter will be removed.

After the Exam

- Return to your normal activity, diet and medicines. Follow any instructions your health care provider gave you.
- Drink up to four 8-ounce glasses of liquid in the 8 hours after the exam, unless your health care provider gave you other instructions. This will help with any irritation or burning feelings after having the catheter.
- After having a urinary catheter (tube), your urine may appear pink or red (bloody) the first time you urinate. This is normal.

Follow-up Results

- A radiologist will look at and interpret the X-rays.
- Your health care provider will receive the exam results. He or she will use the exam results to help plan your treatment.
- Your health care provider will either talk with you about the results or mail you the results.