

# Information for Patients and Carers

## Cystogram



## What is a Cystogram?

A cystogram is an x-ray examination of your bladder. For this examination we use the catheter you already have in place in your bladder.

A cystogram allows us to assess the structure of your bladder and examine how it fills. As part of the examination a contrast agent (x-ray dye) is used.

Your cystogram may be carried out after surgery or if you have had any form of injury to your bladder. This examination is performed by an advanced practitioner radiographer or a consultant radiologist. They will also produce a report after your cystogram for the clinician. An assistant will also be in the examination room during your cystogram.

Please inform us before you attend:

- If you are or think you may be pregnant.
- If you are breast/chest feeding
- If you weigh over 28 stone/178kg
- If you require the use of a hoist
- If you require an interpreter – please inform us as soon as you receive your appointment letter and we will arrange an official interpreter for you

## Preparation for the scan

There is no specific preparation for the cystogram. You may eat and drink as normal and take any necessary medications.

## Can I bring a relative or friend with me?

Anyone can accompany you to the hospital, but they will usually not be allowed into the room when you have your examination.

Please note that we do not have childcare facilities; if you need to bring your children with you, please bring along an adult who can supervise them while your examination is being done.

## What happens when I arrive at the x-ray department?

When you arrive at the X-ray department, please book in at the reception desk where you will be asked to have a seat in the waiting area.

Before starting the examination, the radiographer will ask you to put on a hospital gown in the changing area.

When you are ready, they will take you through to the examination room.

Once in the room the radiographer will check some details with you and complete a checklist to ensure it is safe for you to have the barium.

The Radiographer will explain the examination and answer any questions you may have.

## What happens during the examination?

You will be asked to lie on the bed where the radiographer will disconnect your catheter bag from the catheter tube which is entering your bladder.

The contrast will be slowly introduced into your bladder via the tube.



As the contrast fills your bladder the radiographer will intermittently take x-rays to demonstrate how your bladder is filling. When you get the sensation, you need to empty your bladder the radiographer will stop

filling your bladder with contrast. You should not experience any pain during the examination.

You will be asked to turn into different positions, onto your left and right-hand side, to ensure the radiographer is able to view the bladder from different aspects.

The radiographer will be with you at all times to assist you.

When the x-rays have been taken the radiographer will re-connect your catheter bag and the contrast will begin to drain.

A final x-ray will be taken once your bladder is empty. Following this the radiographer will review the images to ensure all the necessary images have been obtained. You will then be asked to get dressed and you may leave the department.

The examination will last approximately 45 minutes. However, this may vary depending on how quickly your bladder fills and empties again.

## What happens after the examination?

Following your examination the radiographer will review the images and write a formal report which will be sent to the clinician who referred you for the examination.

A member of the referring team will then be in contact with you, following your examination, to discuss the next steps regarding the removal of your urinary catheter.

Unfortunately, you will not receive any results on the day of your examination.

## Are there any risks?

A very small number of patients have an allergic reaction to the contrast agent. Before your examination begins the



radiographer will ask you a series of questions about your medical history, including any allergies you may have. This will help us assess if you are at risk of an allergic reaction.

There are some small risks involved with x-rays but only the minimum amount of radiation is used to produce the images required. We use the smallest dose possible, in line with national regulations. This allows us to make an accurate diagnosis to help plan your care, therefore the benefits of having the x-ray far outweigh the radiation dose you will receive.

## Contact details

Should you require further advice or information please contact us on the below telephone numbers:

- If your appointment is at Royal Preston Hospital, please call **01772 522096**.
- If your appointment is at Chorley and South Ribble Hospital, please call **01257 245196**.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)  
[www.nhs.uk](http://www.nhs.uk)  
[www.accessable.co.uk](http://www.accessable.co.uk)  
[www.patient.co.uk](http://www.patient.co.uk)  
[www.lancsteachinghospitals.nhs.uk/veteran-aware](http://www.lancsteachinghospitals.nhs.uk/veteran-aware)  
<https://bepartofresearch.nihr.ac.uk/>

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**.

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**This information can be made available in large print, audio, Braille and in other languages.**

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

[patientexperienceandinvolem@LTHTR.nhs.uk](mailto:patientexperienceandinvolem@LTHTR.nhs.uk)

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