

Having an X-ray IVU - additional drinking instructions for patients with kidney problems

Department of Radiology

Information for Patients

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Why have I been given this leaflet?

You have been given this leaflet because you have an appointment for an X-ray of the kidneys, ureters and bladder (called an intravenous urogram (IVU)), **and** your kidneys are working slower than normal.

Leaflet 11 ('Having an X-ray of your kidneys, ureters and bladder (intravenous urogram (IVU))') tells you about your examination. This leaflet gives additional instructions to patients whose blood test showed a reduced kidney function.

You will be given an injection of contrast liquid as part of your examination. As your kidneys are working slower than normal, they are not removing waste products as well as they should and may not remove the X-ray contrast liquid as easily. Drinking extra water helps the kidneys work better and remove any build-up of waste from your blood. Being well hydrated will also help your kidneys remove the X-ray contrast liquid when you have your examination.

To get ready for your examination, you will therefore need to drink plenty of fluid so your body is well hydrated.

How do I get ready and what additional drinking instructions do I need to follow before my appointment?

- **3 hours before your appointment - stop having food.** Do not eat for 3 hours before your appointment.
You must keep drinking fluids.
- **2 hours before your appointment** - drink 1 litre (2 pints) of water over the next hour.
- **1 hour before your appointment** - stop drinking. Do not drink anything else until after your appointment.

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