

# Having an X-ray test of your bladder (micturating cystogram)

Department of Radiology

Information for Patients

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## Introduction

This leaflet tells you about the X-ray test called a micturating cystogram.

If you are an outpatient please read your appointment letter carefully to check which hospital your appointment is at.

## What is a micturating cystogram?

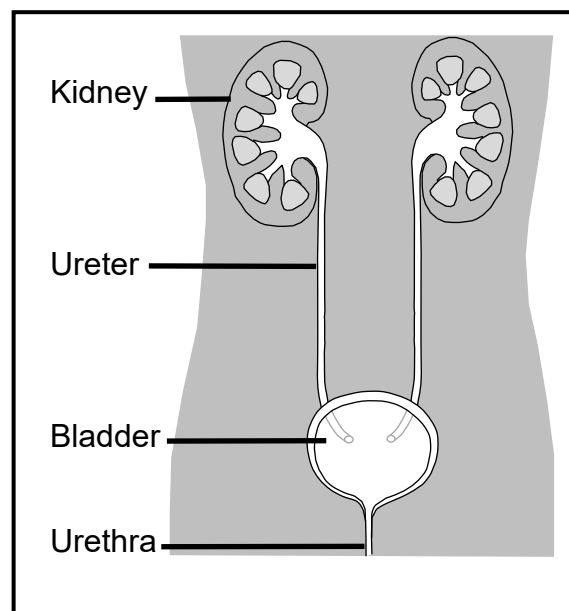
This is an X-ray test to look at your bladder when you pee (pass urine).

**micturating** means having a pee, or passing urine.

**cystogram** means X-ray pictures of the bladder.

The test can also look at the tubes that drain pee from the kidneys to the bladder. These tubes are called ureters.

The test can also look at the tube that drains pee from the bladder to the outside. This is called the urethra.



The 3 main reasons for this examination are:

- to see if pee flows back up the tubes towards the kidneys. This is called reflux.
- to look for any leaks from the bladder after an operation.
- to look for any narrowing of the tube that drains pee from the bladder to the outside.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## How do I get ready for my examination?

You do not need to do anything special to get ready.

**You can eat and drink as usual on the day.**

**If you are on medication** from your doctor please continue to take it as usual.

## Who will be doing my examination?

A doctor who specialises in imaging and X-ray treatments (a radiologist) will do the examination.

There will also be a radiographer in the room. Sometimes there may also be a nurse, an assistant practitioner or a radiology assistant in the room.

As we are a teaching hospital a student may also be in the room. If you do not want this, you can ask that a student is not in the room when you have your examination.

## What happens during my examination?

- When you get to the Radiology Department you will be shown to the waiting area.
- You may be shown to a cubicle to take off some of your clothes and put on a hospital gown.
- Before the start of the test you may be asked to go to the toilet to pee so your bladder is empty.
- When you are called into the X-ray room we will talk to you about your examination. You may ask any questions that you have.
- You will be asked to lie on the X-ray table on your back.
- Everything will be kept clean and sterile during the procedure. Your skin around the hole you pee from (the urethra) will be cleaned with sterile cleaning fluid. The radiologist will wear sterile gloves.
- A small soft tube (called a catheter) will gently be passed through the opening of the urethra and into the bladder. Lubricating jelly will be used to make this easier. If you already have a bladder catheter from a recent operation we will use that tube instead.
- A clear liquid that shows up on X-rays (contrast liquid) will slowly be put through the catheter into the bladder.
- You will be asked to tell the radiologist when your bladder feels completely full.
- X-rays will be taken of your bladder.
- Depending on the reason for the test you may also be asked to pee (pass water) into a bottle or container. When you do this the radiologist will take more X-ray pictures.

## How long will it take?

The X-ray test usually takes about 30 minutes. The time will vary for each patient.

## What happens after my examination?

You can go to the toilet to clean if you want to.

After this you can go home.

You should have plenty to drink for the next day or 2. This is to wash out any contrast liquid from your bladder.

## How do I get my results?

The results will not be given to you straight away.

Your X-ray pictures will be looked at by the radiologist. The results will be sent to the doctor who wanted you to have this examination.

After your examination we will tell you who the results will go to and how to get your results.

If you are an inpatient when you come for the test the results will be given to the doctors looking after you on the ward.

## Are there any risks or complications?

As with any procedure or operation, complications are possible. We have included the most common risks and complications in this leaflet, although they are different for each person.

- **Discomfort when peeing** - you may feel discomfort when peeing and your pee may also be slightly pink after having a cystogram. This usually gets better in less than 12 hours. If you get any bleeding or have difficulty with peeing and emptying your bladder, please contact your GP or call NHS 111.
- **Infection in your bladder or urethra (urinary tract infection)** - There is always a small risk of infection from having a catheter. Symptoms can include feeling pain when you pee, feeling like you need to pee more often or more urgently, having a high temperature. If you get these symptoms, please contact your GP or call NHS 111 as you may need antibiotics.
- **Damage to the urethra.** This is rare but is more common if the urethra is already damaged and torn.
- **Reaction to the contrast liquid** - Some patients may be allergic to the contrast liquid and may have symptoms such as feeling or being sick (nausea or vomiting), or a rash. If you get any of these symptoms at the hospital, tell the doctor, nurse or other staff looking after you. If you develop symptoms at home you should contact your GP or call NHS 111.

## What are the risks from exposure to radiation in this examination?

The main risk from exposure to X-rays is a higher risk of getting a cancer in the future. This risk is thought to be very small.

We are all exposed to natural background radiation every day of our lives. This comes from the sun, the food we eat, and the ground. Each test that uses X-rays gives a dose on top of this natural background radiation.

The risks of radiation are slightly higher for an unborn child so we must ask some patients aged 10 to 55 years about their periods and possibility of being pregnant

The benefits of having this test are likely to outweigh any possible risks. The risks of not having the test could be greater. We try to keep your exposure to X-rays as low as possible.

## What if I need to talk to someone?

### If you have any questions or concerns, or cannot make the appointment:

Please call the radiology department on **0116 258 8765** and select **option 7**. Monday to Friday, 9am to 5pm, excluding bank holidays.

## Any questions?

If you have any questions you can write them down. This is to remind you to ask when you come for your appointment.



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

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