

Your Cystogram explained (NMCUI)

Please read this patient information carefully as it contains information about preparing for the scan

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Aim of the patient information

This patient information is for patients having a Cystogram and aims to tell you what a Cystogram is and what will happen.

General information

A doctor has asked that we take some pictures of your kidneys.

As the test involves small amounts of radiation, we ask that you are **not** accompanied by children under 18 or anyone who may be pregnant. You may bring one adult with you to the department.

If the appointment clashes with another outpatient appointment or test, or you are unable to attend on this day, please contact the Nuclear Medicine department on the number provided as soon as possible. We can then reschedule the test and assign the appointment to another patient.

If you have mobility issues, are incontinent or claustrophobic please contact the department on the number provided.

Benefit and risks of the test

Everyone receives some radiation every day from the radioactivity in the air, food we eat and even from space. The amount of radiation in this test is similar to your natural exposure over one year, so the risks associated with it are low.

The main benefit of the test is making the correct diagnosis, so you can get the treatment that is right for you. This benefit is far greater than the small risk from radiation.

Preparation

If you are pregnant or breast-feeding, you must inform the department as quickly as possible as special arrangements may have to be made.

There is no special preparation required for this test. **Please eat and drink as normal.** Please bring with you a list of any medication that you are taking (your repeat prescription sheet if possible).

For **Paediatric** tests only (usually 0 to 15 years), please arrive at the nuclear medicine department **1 hour** before your appointment time (allows time for cannulation).

What does the test involve?

There are two parts to this test.

Part 1

You will be asked to lie flat on a bed with a Gamma Camera underneath (see photo below). A small injection of a radioactive tracer will be injected into one of the veins in either your hands or arms and there should be no ill effects from the injection. As soon as the injection has been given, pictures are taken continuously for 30 minutes to produce a film of your kidneys working. It is important to lie as still as possible to avoid blurring the pictures.

Part 2

Once the first set of pictures have been taken, you will be asked to sit on a commode with your back against the camera. A screen will be placed around you for privacy, and we will ask you to empty your bladder. We will take a second film of your kidneys whilst this is happening. After the pictures have been taken, you are free to leave.



After the test

For the rest of the day, you must take extra care to wash your hands thoroughly after toilet use, sit down when you use the toilet and to flush the toilet twice. You must also continue to drink extra fluids and empty your bladder frequently. This will improve the clearance of the radiation from your body.

When the test is completed, the images will be reviewed, and a report will be available to the doctor who has requested the test.

Radiation information

If you would like to find out more about medical radiation, please access the following link:

<https://www.gov.uk/government/collections/medical-radiation-uses-dose-measurements-and-safety-advice>

The camera

The Gamma Camera used to take the pictures has an open design and the majority of patients complete the test without any discomfort.

Contact details

If you have any questions about any of this information, please contact the Nuclear Medicine Department on 01522 573103.

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www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust

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If you require this information in another language or alternative format, please email the Patient Information team at ulth.patient.information@nhs.net