



**NATIONWIDE
CHILDREN'S**

When your child needs a hospital, everything matters.™

Helping Hand™

CYSTOGRAM: RADIOLOGY

A cystogram (SIS-toe-gram) is done by taking X-ray pictures of the urinary bladder (Pictures 1 and 2). ("Cysto" means bladder.) This test shows the size of the bladder and how it is working. Your doctor also wants to know if there is reflux (urine going the wrong way - from bladder to kidneys).

HOW TO PREPARE FOR THE TEST

- Explain to your child ahead of time what will happen during the test. The nurse and technologist will help you with this, but the test is not so scary if you talk to your child before coming to Radiology.
- Your child may eat and drink before having a cystogram. For an infant you may bring a bottle or baby foods.
- Do not let your child urinate right before the test. A urine sample may be taken when the catheter is placed in the bladder.
- Your child will be taken to a large room in the Fluoroscopy Department. You may wait in the lounge area or go with your child to the Fluoroscopy room. Your child will need to remove his or her clothes and put on a hospital gown. Your child will be catheterized for this test (have a tube put in the bladder). The genitals will be cleaned with cotton balls moistened with soap and water.
- Then a numbing lotion (Lidocaine gel) will be put on the area where the urine normally comes out. (Boys will have a small amount of the Lidocaine gel squirted into the penis.) This does not hurt, and will help make your child more comfortable during the test. It will also reduce any burning the child may have when urinating after the catheter is out.

For Outpatient Use Only

Child's name _____

APPOINTMENT:

Date _____

Procedure time _____

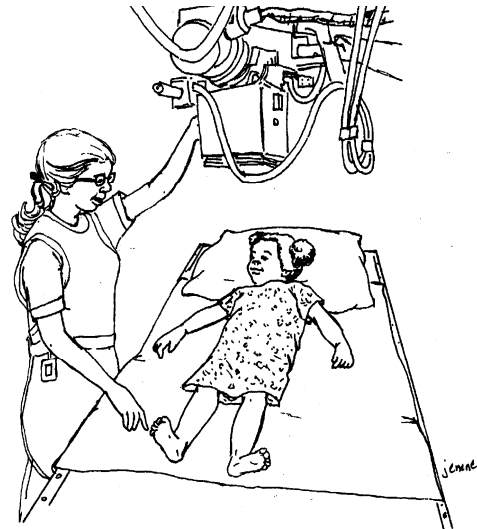
Please come 15 minutes* before the procedure time to register.

* If an ultrasound is also scheduled, please see the arrival time for ultrasound. The ultrasound will be done before the cystogram.

Bring your child to:

- The Radiology Department Registration Desk, first floor of the main building of Children's Hospital. Telephone: (614) 722-2351, Option #2.
- Children's Hospital Dublin Close-to-Home Center, Registration Desk, 5675 Venture Drive, Dublin, OH Telephone: (614) 760-1600
- Children's Hospital Close-to-Home East Broad, Registration Desk, 6435 E. Broad St., Columbus, OH 43068 Telephone: (614) 866-7353

If you need to cancel your appointment or reschedule, call (614) 722-6200.



Picture 1 Having a cystogram.

HOW TO PREPARE FOR THE TEST, (Continued)

- The tip of a soft plastic tube (catheter) will be put into the bladder. This may feel a little uncomfortable when it goes in. It will be less uncomfortable if your child is relaxed and can hold still. Having the child take deep breaths and blow air out while the catheter is inserted will help reduce the discomfort. The Radiology nurses, technologists and doctors do this test all the time, and are skilled at making it fairly easy for children to handle the experience.

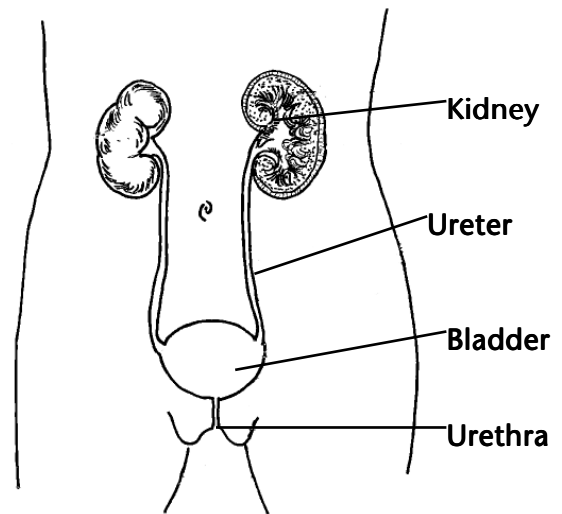
HOW THE TEST IS DONE

- The tube will be left in place until the end of the exam.
- Your child will lie on a long table with a camera over it (Picture 1, page 1). The camera will not touch or hurt your child. A bell rings when the pictures are taken.
- A radiologist will put a clear liquid (*contrast solution*) into the catheter. This liquid makes the urinary bladder show up on the X-rays when the pictures are taken. It will drip into the urinary bladder until it is full. This may get a little uncomfortable as the bladder fills.
- As the bladder fills, the radiologist will take pictures of your child lying in different positions. A pad will be placed under your child. The child then "goes to the bathroom" on the X-ray table. This pushes the catheter out with the urine. An X-ray will also be taken while the child empties his bladder.
- After the child is finished urinating, one more picture will be taken and the test will be over.
- The test takes about 30 to 45 minutes.

AFTER THE TEST

- Your child may feel some burning when urinating. This may last a few hours. Drinking more liquids and having the child urinate often will help reduce the burning feeling. Your child may eat his usual foods and return to normal play.
- When the test results are ready, your doctor will talk with you about it.

If you have any questions about your child's test, be sure to ask your doctor, nurse or technologist, or call the locations where the test was scheduled.



Picture 2 The urinary system inside the body.