



## Adult Cystogram

Diagnostic Radiology (Outpatient)

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### Welcome:

We would like to welcome you to OSF Saint Francis Medical Center Diagnostic Radiology Department.

You have been scheduled to have a Cystogram. This is a diagnostic test using x-ray.

The information contained in this pamphlet will help you understand the test has been scheduled.

### When to Come, Where to Park, and Where to Go:

Please arrive 45 minutes before the time of your scheduled test.

### What to Bring with You:

You may have had x-rays done at a hospital other than OSF Saint Francis Medical Center. Please bring copies of the films with you the day of the test. You may also request that the doctor's office send the films or results to us at the hospital before your test.

### Prep:

None.

### Jewelry:

Please remove all jewelry from your belly before your test.

### PREGANCY TESTING POLICY

It is the policy of OSF Saint Francis Medical Center to conduct pregnancy tests on female patients having a CT, MRI, Nuclear

Medicine, PET, Angiography, or X-ray exams of the abdomen area. This policy is to avoid potential harm to an unborn baby as a result of the radiation or medications given during the exam.

A pregnancy test is required prior to the procedures listed above and should be ordered by your physician if you are a female:

- Between the ages of 12 and 50 and have not had a hysterectomy
- Less than 12 years old and are having menstrual periods
- Over age 50 and having menstrual periods

The pregnancy test must be done within three days prior to your exam at any OSF Saint Francis facility. Home pregnancy tests are not acceptable.

If you have your pregnancy test done the day of the procedure:

- Arrive 30 minutes earlier if you are scheduled at any OSF Out Patient locations.
- Arrive 60 minutes earlier if you are scheduled at Saint Francis Medical Center main campus hospital

If you know that you are pregnant please notify your physician.

### **Medications:**

You may take medication as prescribed.

### **Allergies:**

You may receive contrast as part of the test. Contrast is something given to let a part of the body be seen on an X-ray. If you have any known allergies to iodine or X-ray contrast, please contact your ordering doctor. You may need to take special medications before having this test.

### Test Instructions:

You may be asked to wear a hospital gown for the test. A registered x-ray technologist does the test under direct supervision of a Radiologist. The test will take about 45 minutes to complete. You will lie on an x-ray table.

A nurse will clean the catheter area with betadine. A nurse will place a urinary catheter (small tube) in your bladder and blow up a small balloon on the end of the catheter to hold it in place. Contrast material will be put into your bladder thru the catheter until your bladder is full. Contrast allows your urinary system to be seen on x-ray. It is not unusual to feel some cramping or fullness like you need to use the restroom. If you get this feeling, take slow deep breaths. Breathing slowly will help lessen the cramping feeling.

Films will be taken by the x-ray technologist and looked at by a Radiologist. After the images are seen by the radiologist, you will be allowed to use the restroom or have the contrast drained thru the catheter. After the contrast is out of your bladder, the cramping and full feeling should go away.

### Test Results:

Your test will be read by a Radiologist (doctor specializing in medical imaging). The radiologist will give a report that will be typed and sent to your doctor. You can make plans with your ordering doctor on how to get the test results (such as follow-up doctor, calling the doctor's office, etc.).

### After Test Instructions:

If you are having an IVP or a Nephrotomogram on the same day, the prep needed for that test must be followed. Otherwise, you should drink extra fluids for 1 to 2 days after your test.