Mersey and West Lancashire Teaching Hospitals
NHS Trust

# Having a Micturating Cystourethrogram (Child)

## Patient information leaflet

**If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس‌پذیر نیاز دارید،
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Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
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إذا احتجت إلى هذه النشرة بلغة أُخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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# Introduction

This leaflet aims to answer your questions about your child having a Micturating Cystourethrogram. It explains the benefits, risks and alternatives, as well as what you and your child can expect when you come to hospital. If you have any further questions, please speak to a doctor or nurse caring for you.

## What is a Micturating Cystourethrogram?

A Micturating Cystourethrogram is a study of the lower urinary tract or, more specifically, the bladder and urethra (the opening through which you have a wee). The examination shows the appearance of the bladder and how it fills and empties.

The procedure is done by both a Radiologist (a doctor who uses X-rays to diagnose and treat illnesses) and a Radiographer.

The procedure uses a type of X-ray called fluoroscopic imaging to view images in real time. An X-ray dye, called contrast, is also used. The contrast dye shows up on the images and allows the Radiologist to see clearly and check your child's internal organs. The Radiologist will then review and report on the images.

## What are the benefits – why should my child have a Micturating Cystourethrogram?

This examination will help your child's doctor to make a correct diagnosis or decision about their treatment. Your child may be having a Micturating Cystourethrogram because :

- There is a concern about problems with the bladder or urinary tract.
- Your child has symptoms such as difficulty urinating or abnormal urine flow.
- A kidney ultrasound has shown abnormalities.
- They have had multiple urinary tract infections (UTIs), especially with a fever.

The examination can also look for structural problems of the bladder or if there has been injury to the bladder. If you have any questions about the exam, please contact your referring doctor.

## What are the risks?

This investigation involves exposure to X-rays. X-rays consist of a type of radiation known as ionising radiation. The doses that are used in medical X-rays are very low and the associated risks are minimal. The Radiologist is responsible for making sure that your child's dose is kept as low as possible and that the benefits of having the X-ray outweigh any risk. The contrast dye that is used contains iodine which some people are allergic to.

**If your child has had an allergic reaction to iodine or the X-ray contrast (dye) in the past, then you must tell us prior to, or on arrival for, your appointment.**

## Preparation for a Micturating Cystourethrogram

Your child will need a short course of antibiotics before and after the test to prevent infection.

Please contact your GP or Children's Day Ward (CHOBS) for a prescription. Encourage your child to drink plenty of fluids before the test. If your child is old enough, explain the procedure in a simple and reassuring way to help them feel at ease. Bring a comforting item (e.g., a toy or blanket) to help your child feel more relaxed.

## What happens during the Micturating Cystourethrogram?

Your child will be placed on an X-ray table. Their genital area will be cleaned and draped with sterile towels. Some local anaesthetic jelly will be used to make the examination more comfortable. Then a thin flexible tube called a catheter will be inserted into the urethra (the opening through which your child will have a wee). This might be a little uncomfortable but should not be painful. The catheter will gently be advanced into the bladder.

A small amount of the contrast dye will then be put into the bladder via the catheter.
As the contrast flows into the bladder, a series of X-ray images will be taken while the bladder fills. Once the bladder is full, naturally, it begins to empty and at this point more images will be taken to see how the urine flows out of the bladder. The catheter is then removed and the test is complete.

The examination lasts approximately 20 minutes but may take longer. Please understand that you may have to wait a few minutes during your exam while the images are being checked.
It is important that the images contain all the necessary information.

A parent or carer can stay with the child for reassurance throughout the test.

If you are pregnant or think you may be pregnant, *ideally* you should not hold your child during the X-ray procedure  and an alternative care giver should be considered.

## Menstrual Cycle

If your child has started their menstrual cycle, please contact the department if their appointment has been scheduled within the first ten days of their cycle.

# Additional information

## Will I feel any pain?

There may be some discomfort when the catheter is inserted but this should not be painful. Some people experience discomfort urinating during and immediately after the procedure. This discomfort usually resolves in less than 12 hours.

## What happens after the procedure?

There are no after-effects to the examination. Once you are happy to leave, you are free to do so. Please contact your GP or referring team if your child feels unwell in the few days following the examination.

## Are there any alternatives to having a Micturating Cystourethrogram?

Alternative imaging may be available, but your doctor thinks that this is the most appropriate test for your child. Please speak to your referring doctor, or to the Radiologist on the day of your examination for more information.



## Notes

**Finally**
The pictures taken during the examination are studied carefully and a detailed report is produced. The results will be sent to the person who referred you for the test. They will discuss the results with you and any treatment you may need.

You may already have an appointment with the team who referred you. If not, please contact them to arrange one to discuss the results of this test.

If you have any further questions, please do not hesitate to call the Radiology Department via the number given on your appointment letter.

As this is a teaching hospital there may be students and observers present during your examination as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

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