

# Having a Micturating Cystourethrogram Adult

## 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 دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

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  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

# Introduction

This leaflet aims to answer your questions about having a Micturating Cystourethrogram. It explains the benefits, risks and alternatives, as well as what you 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 urinate). 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 clearly see and check your internal organs. The radiologist will then review and report on the images.

## What are the benefits – why should I have a micturating cystourethrogram?

This examination will help your doctor to make a correct diagnosis or decision about your treatment. You may be having a micturating cystourethrogram to check for any problems such as repeated urinary tract infections or urinary incontinence, or it may be a follow-up exam after an operation. 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 to expect on your visit

## How can I prepare for a micturating cystourethrogram?

There is no specific preparation for a micturating cystourethrogram examination. Please arrive promptly for your appointment to help us prevent any delays. Continue to take your medicines as you normally would

## What happens during the micturating cystourethrogram?

You will be asked to change into a hospital gown. You may be asked to remove jewellery, dentures, glasses and any metal objects or clothing that might interfere with the x-ray images. Please inform the radiologist of any medications you are taking, or of any severe allergies, recent illnesses or other medical conditions.

You will be asked to empty your bladder prior to the examination. You will then be brought into the fluoroscopy room and asked to lie on the x-ray table. Your 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 hollow tube called a catheter will be inserted into your urethra (the opening through which you urinate). This might be a little uncomfortable but should not be painful. The catheter will gently be advanced into your bladder.

A small amount of the contrast dye will then be put into your bladder via the catheter. As the contrast flows into your bladder, x-ray images will be taken. You may be repositioned so that we can see the area from several angles. The x-ray equipment may also move around you in order to gain the best possible images. The radiologist and radiographer will be with you at all times to assist you.

The catheter will then be removed and the x-ray equipment will move into an upright position so that you are standing. The radiologist will then take x-ray images as you empty your bladder by urinating. You may feel embarrassed about having to urinate in front of other people. However, this is a routine test and we want you to feel as relaxed as possible. You may feel a strong urge to urinate at other times during the test. This is normal, but it is important to try to wait until you are asked to do so.

You may be given an injection of antibiotics to reduce the risk of any infection. 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.

## 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. If you are concerned, please tell the radiologist or radiographer.

### 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 you feel unwell in the few days following the examination.

### Pregnancy

If you are, or think you could be pregnant, please contact us prior to your appointment on the phone number in your appointment letter.

### Are there any alternatives to having a micturating cystourethrogram?

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

### 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 radiographer is responsible for making sure that your 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 you have 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.



## 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.

Whiston Hospital  
Warrington Road,  
Prescot,  
Merseyside,  
L35 5DR  
Telephone:  
0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens,  
Merseyside,  
WA9 3DA  
Telephone:  
01744 26633

Southport Hospital  
Town Lane,  
Kew,  
Southport,  
Merseyside,  
PR8 6PNT  
Telephone:  
01704547471

Ormskirk Hospital  
Wigan Road  
Ormskirk,  
L39 2AZ  
Telephone:  
01695 577111