

PATIENT INFORMATION

You have an appointment in the Radiology Department at St. Paul's Hospital.

Date: _____ **Time:** _____

Please arrive 15 minutes early. This gives you time to check in. Please bring with you photo identification and your BC CareCard (personal health number).

Please do not bring your children with you unless you bring someone to care for them while you are having the test.

If you are not able to keep your appointment, please call **604-806-8006** as soon as possible. Please give us at least 24 hours notice so we can use your time for someone else. When you call, we will give you another date and time for your test.

Things you need to know

Why am I having this test?

Your doctor has asked for special tests to look at your lower urinary tract.

The lower urinary tract includes:

- the lower ureters, which bring the urine from the kidneys to the bladder.
- the urinary bladder, which is the part of the body that stores urine.
- the urethra, which is the tube between the bladder and the opening where urine exits your body.

When we are looking just at your lower ureters and bladder, it is called a **Cystogram**. An exam of your urethra is called an **Urethrogram**. A **Voiding CystoUrethrogram (VCU)** is where we take a series of x-ray pictures of your bladder and urethra while you urinate (go to the toilet or 'go pee'). These tests help identify problems with your bladder.

What do I need to do before the test?

★ Tell us if you have allergies ★ Tell us if you may be pregnant ★

There is no special preparation for any of these tests.

Once you arrive, we ask you to change into a hospital gown and take off your underpants.

How long does the test take? It can take up to 1 hour to complete the test.

What happens during the test?

First we need to put a catheter (soft tube) into your bladder.

Here is how this is done:

- You lie on your back with your knees bent.
- Your pubic area (private parts) is washed, and then covered with a sterile drape.
- A small flexible tube (catheter) is inserted into your bladder. The catheter is taped to your inner thigh.

Once the catheter is in place, we drain any fluid out of your bladder through the catheter.

We then fill your bladder with an x-ray dye we call 'contrast'. The contrast makes your bladder show up better on x-ray. You will feel some pressure in your bladder and feel like you have to urinate.

We take a series of x-ray pictures. So we can see all parts of your bladder on x-ray, we ask you to move from side-to-side.

Once we have taken all the x-ray pictures we need, the catheter is removed. You can get up and use the toilet (urinate or go 'pee'). The contrast is clear and odourless.

After you return to the x-ray room, an additional x-ray picture is taken. This final picture shows us if any contrast stays in your bladder after urinating (going 'pee').

If you are having a **Voiding CystoUrethrogram (VCU)**:

We follow the same steps as above except - once the catheter is removed, we get you to urinate into a container while we take x-rays. We raise the x-ray table until you are standing to make this easier for you.

What can I expect after the test?

You can leave as soon as the x-rays are done and checked. You may experience some discomfort in your pubic area or bladder, but this should go away.

If you have any concerns, please contact your doctor.

How do I get the results of my test?

We send your test results to your doctor as soon as possible. If your doctor does not have your results within two weeks, please ask your doctor to contact us.

Questions I have:
