

Nuclear Medicine Renogram and Cystogram (Paediatric)

Information for patients, relatives and carers

① For more information, please contact: Radiology Department

York Hospital, Wigginton Road, York, YO31 8HE

Nuclear Medicine

Telephone: 01904 725936

About this leaflet

In this leaflet, we tell you about the procedure known as a Nuclear Medicine renogram and cystogram scan. We explain what is involved and what the possible risks are. The information in this leaflet is not meant to replace informed discussion between you and your doctor, but can act as a starting point for such a discussion.

What is a renogram and cystogram?

A renogram is a Nuclear Medicine imaging scan that looks at your child's kidneys and bladder. It shows how well the kidneys clear waste products out of the bloodstream.

A cystogram is a Nuclear Medicine imaging scan that involves taking pictures when your child's bladder empties and looks to see if there is reflux (backward flow) of urine back up into the kidneys.

Are there any alternatives?

There may be alternative imaging studies available. However, your doctor has decided this test is the most appropriate for your child, and it gives different information to other types of scans. If you have any concerns, please discuss them with the doctor who referred you to us.

What preparation is needed before the renogram and cystogram?

There is no special preparation, but it is a good idea to give your child plenty to drink an hour before the scan. Your child can eat normally. If you are pregnant, we suggest arranging for somebody else to bring your child for the scan. If there is nobody else available to do so, please telephone us on 01904 725936.

Your child will not be asked to remove their clothes for the scan, but it is a good idea for them to wear clothing that does not have a lot of metal on it. Small buttons and zips are fine.

What happens before the scan?

Your first appointment will be at the Child Assessment Unit. When you arrive to the unit, your child will have anaesthetic cream applied to their arm/hand. Once the anaesthetic cream has taken effect, your child will have a small cannula (tube) inserted into a vein. You will then go down to the Nuclear Medicine department for the scan. You will be able to stay with your child at all times.

What happens during the renogram?

We will ask your child to lie flat on their back on a bed. The technologist or radiographer will move the bed so that their kidneys are positioned over a gamma camera. Once in position, your child will be given a small injection of a radioactive tracer into the cannula that was placed on the Child Assessment Unit. The tracer travels from their bloodstream into their kidneys and the gamma camera starts taking pictures immediately. These pictures take 30 minutes and your child will need to lie as still as possible throughout. We will remove the cannula once the renogram is finished.

What happens during the cystogram?

The cystogram scan involves taking some images while your child sits or stands to empty their bladder into a bedpan or bottle. Their privacy will be respected particularly during this part of the test.

Only the person doing the scan will be in the room, and your child will be behind a screen and so they cannot be seen. These pictures will only take a few minutes and you can stay with your child behind the screen if they wish.

What happens after the scan?

After the scan you will be free to leave the Nuclear Medicine department.

We recommend that you encourage your child to drink plenty of fluids for the rest of the day, as this helps their kidneys flush any remaining radioactive tracer out of their body.

Your child's urine will be slightly radioactive for the rest of the day. It is very important to wash your hands well after helping your child with toileting. If you need gloves or plastic aprons, we can provide you with some.

Are there any risks or complications?

Nuclear Medicine procedures are very safe diagnostic imaging tests. Side effects from the radioactive tracers are extremely rare.

The amount of radioactivity involved is small, and after 24 hours most of the radioactive tracer will have passed out of your body.

There is radiation in the air and ground all around us called background radiation. Most radioisotope scans give you on average the equivalent of a year's background radiation or less.

Further guidance has been published by Public Health England, visit website <https://www.gov.uk/government/publications/ionising-radiation-from-medical-imaging-examinations-safety-advice>

Results

You will not be given the results on the day of your scan. A report will be sent to the doctor who asked us to do the test. They will then let you know the results.

What if I have any other questions?

If you have any worries or questions about your scan, please feel free to telephone us on 01904 726696 and we will be happy to answer any questions you may have.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Nuclear Medicine, Radiology, York Hospital, Wigginton Road, York, YO31 8HE.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

Owner	Joanne Hopkins, Radiographer
Date first issued	July 2021
Review Date	September 2027
Version	2 (issued September 2024)
Approved by	Nuclear Medicine Modality Meeting
Document Reference	PIL1516 v2

© 2024 York and Scarborough Teaching Hospitals NHS Foundation Trust. All Rights reserved.

www.yorkhospitals.nhs.uk