

Nuclear Medicine Renogram and Cystogram - Adult

Information for patients, relatives and carers

① For more information, please contact: Radiology Department

The York Hospital, Wigginton Road, York, YO31 8HE
Nuclear Medicine
Tel: 01904 725936

Or

Scarborough Hospital, Woodlands Drive, Scarborough, YO12 6QL
Nuclear Medicine
Tel: 01723 342073

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 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 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 you, and it gives different information to other types of scan. 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 you will need to drink at least 1 litre of fluid an hour before the scan. You can eat normally.

Please do not bring children or pregnant adults with you to your appointment.

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

What happens during the renogram?

The scan is done using a machine called a gamma camera. You will be asked to lie flat on your back on the scanning bed. You will be moved into position in the scanner and then you will be given a small injection of a radioactive tracer into a vein in your arm. The tracer travels from your bloodstream into your kidneys and the gamma camera starts taking pictures immediately. You will need to lie very still for about 30 minutes while the pictures are taken.

What happens during the cystogram?

The cystogram scan involves taking some images while you sit or stand to empty your bladder into a bedpan or bottle. Your privacy will be respected particularly during this part of the test. Only the person doing the scan will be in the room, and you will be behind a screen and so they cannot see you. These pictures will only take a few minutes.

What happens after the scan?

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

We recommend that you drink plenty of fluids for the rest of the day to help flush any remaining radioactive tracer out of your system.

Are there any risks or complications?

Nuclear Medicine procedures are among 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.

This scan is not recommended for pregnant women. If you are pregnant, or might be pregnant, or if you are breastfeeding, please let us know before your appointment.

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 for York scans or 01723 342073 for Scarborough 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, The York Hospital, Wigginton Road, York, YO31 8HE

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.

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 pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

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