

# Your child's X-ray to look at their bladder when they pee (micturating cystogram)

Department of Radiology

Information for Patients

Produced: May 2023

Review: May 2026

Leaflet number: 39 Version: 6

## Introduction

This leaflet tells you about the X-ray test called a micturating cystogram.

If you are an outpatient please read your appointment letter carefully to check which hospital you must go to for your appointment.



## What is a micturating cystogram?

This is an X-ray test to look at your child's bladder when they pee (pass urine). The test can also look at the tubes (called ureters) that drain pee from the kidneys to the bladder.

- **Micturating** means having a pee, or passing urine.
- **Cystogram** means X-ray pictures of the bladder.

The 2 main reasons for this examination are to look for:

- reflux - this is when pee flows back up the tubes towards the kidneys.
- any leaks from the bladder after an operation.

The test may be done to diagnose why your child has had a urine infection or as part of a routine set of tests in the first few months of life.

A micturating cystogram is sometimes done after a procedure to look inside the bladder using a thin camera (cystoscopy). If this is the case it will be explained to you.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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## Information for parents and carers

### Before the appointment

- **If you need an interpreter, or if you have any special requirements**, please contact the Radiology Department for further information.
- **Medication should be taken as usual** unless you have been advised otherwise by the doctor.
- Other children will **not** be allowed in the X-ray room whilst this test is being done. If you have other children please make child care arrangements for them and do not bring them into hospital if possible.
- 1 parent or carer may go into the X-ray room with your child when the test takes place. If you are pregnant or think you could be, you will **not** be allowed to enter the X-ray room. In which case, you may want to bring another parent or carer with you to support your child during the test.
- **Getting to the hospital** - transport has not been arranged for this appointment. If transport is needed please contact either your GP or the Radiology Department. You will need to go to Radiology Reception Windsor Level 1.

### How do I get my child ready for the cystogram?

Your child does not need to do anything special to get ready for this test. They can eat and drink as usual and take their usual medications.

#### What to bring with you:

- If your child is very young, please bring along their **favourite toy**. Your child can be bottle fed or have a **dummy** during this test to keep them calm.
- It may be useful to bring a **change of clothes** for your child.
- We will need to know your **child's weight**. If you have this information, please bring it with you.

### What are the risks from exposure to radiation in this examination?

The risk from exposure to X-rays is very small. We are all exposed to natural background radiation every day of our lives. This comes from the sun, the food we eat, and the ground. Each X-ray examination gives a dose on top of this natural background radiation.

The radiation from the X-rays during this test is equivalent to receiving about a few months of natural background radiation.

The risks from radiation are slightly higher for an unborn child, so for some types of X-rays of the abdomen and pelvis we must ask some patients aged 10 and over about their menstrual periods.

Any questions or concerns about the use of X-rays can be answered at the time of your appointment. We will take all safeguards to minimise the amount of X-rays your child receives.

## Information for children

### What happens when we arrive?

- When you arrive you will be shown to the Children's X-ray Department.
- You may be asked to change your clothes. Please bring your own change of clothes. This could be a plain T-shirt without any decoration (so that it does not show up on the X-ray), and spare trousers.
- You will be asked to go to the toilet to pee so your bladder is empty.
- When you are ready you will be taken into the X-ray room.
- 1 parent or carer can come in with you.
- Sometimes this test is done straight after a procedure to look inside the bladder using a thin camera (called a cystoscopy). If this is the case the instructions above may be different and will be explained to you.

### What happens in the X-ray room?

- The examination will be explained to you and you can ask any questions that you have.
- You will lie down on the X-ray table.
- The doctor will wear sterile gloves and keep everything clean.
- A small soft tube (called a catheter) will be passed through the hole that you pee from (the urethra) and into your bladder. It can be uncomfortable when the tube is being put in, but once it is in, it is not painful. The doctor will use a special jelly on the tube to make your skin go numb and so you won't feel the tube as much.

If you are having this examination after a cystoscopy procedure, then the small tube (catheter) will already be in your bladder.

- A clear liquid that shows up on X-rays (contrast liquid) will slowly be put through the catheter into your bladder, while we take X-ray pictures.
- You may be asked to tell the doctor when your bladder feels completely full.
- You may be asked to pee into a bottle or container, while the doctor takes more X-rays pictures. Some children will just be asked to pee without further X-rays. It will depend on the reason for having the test.
- It is important that you keep still when the tube is being put in and as the X-ray pictures are taken. Therefore, your legs may be held during the test.
- As you pee, the tube will fall out. The test will then be over.

### How long will it take?

The test usually takes between 10 and 20 minutes. The time may vary for each child.

## Information for parents and carers

### Who will be in the X-ray room?

A doctor who specialises in imaging and X-rays (radiologist) will do the examination.

There will also be a radiographer and there may also be an assistant practitioner and a radiology assistant in the room to help you. As we are a teaching hospital a student may also be present. If you wish, you may request that students are not present during the examination.

### What happens after the test?

You will be given a prescription for 1 dose of antibiotics for your child to take after the test. This is to make sure your child does not get an infection from this test. **You will need to collect this prescription from one of the pharmacies in the hospital before you leave.**

This will be given even if your child is already on other antibiotics, as the prescription will be for a different kind of antibiotic.

After this, you can go home. Your child should have plenty to drink for the next day or 2. This is to wash out any contrast liquid from their bladder.

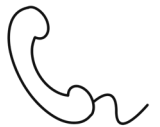
### How do we get the results?

The results will not be given to you straight away. The X-ray pictures will be looked at by the radiologist and they will send the results to the doctor who referred your child for this test.

You will get the results at your child's next outpatient clinic appointment.

### What if I need to talk to someone?

If you have any questions or concerns, or cannot make your appointment, please call the Radiology Department on **0116 258 8765 (option 1)**, Monday to Friday - 9am to 5pm, excluding bank holidays.



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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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