

# **Nuclear Medicine Renogram and Cystogram - Child**

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

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## **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 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 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 for York Hospital or 01723 342073 for Scarborough Hospital.

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?**

If your child's scan has been booked at York Hospital you will be asked to arrive at the Child Assessment Unit. If your child's scan is at Scarborough Hospital you will be asked to arrive at the Duke of Kent Children's Ward. When you arrive to the unit/ward, your child will have anaesthetic cream applied to their arm. 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 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.

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](mailto: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.

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Owner	Jo Hopkins
Date first issued	July 2021
Review Date	July 2024
Version	1 (issued July 2021)
Approved by	Radiology Clinical Governance Group
Document Reference	PIL 1516 v1

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