

# **Nuclear Medicine Renogram and Cystogram**

Information for patients, relatives and carers

① For more information, please contact: Radiology Department, York Hospital, Wigginton Road, York, YO31 8HE, Nuclear Medicine, Tel: 01904 725936

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## **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.

## **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. It is important to wash your hands well after going to the toilet.

## **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.

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.

## **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](mailto: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/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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