

# Post Care: Cystogram

Cystography is a diagnostic procedure that uses X-rays to examine the urinary bladder. At Bluewater Health, either Computed Tomography (CT) or X-rays may be used for this exam.

## What Should I Do for Pain?

You should not require any medication for pain. You may experience some mild pain with urination or notice a pink tinge to your urine. This is normal and may take up to seven days after the procedure to disappear, but if it does not you should report this to your primary care provider.

## Should I Limit My Activities?

There is no special type of care required after a cystography. You may resume your activities, unless your primary care provider advises you differently.

## What Can I Eat and Drink?

You do not need to make any changes to your diet. You should drink extra fluids for a day or so after the procedure to eliminate the X-ray dye from your system and to help prevent infection of the bladder.

## What Are My Next Steps?

The results of this test will be sent within one week to the primary care provider who has ordered the exam. Please make arrangements to follow up with your primary care provider.

## When Should I Be Concerned?

Report any of the following symptoms to your primary care provider:

- Fever and/or chills;
- Pain that increases or persists longer than two days;
- Abdominal pain;
- **Large** amounts of blood in your urine; and
- Urine output is less than usual amount, or you have difficulty emptying your bladder.

Your primary care provider may give you additional or alternate instructions after the procedure, depending on your particular situation.