

What is a Urethrogram? Why am I having this test?

Your urologist has asked for this test to look for narrowing of the urethra, the tube that runs from your bladder through the penis.

Sometimes after surgery or certain illnesses the urethra can be damaged resulting in poor urinary flow.

Who is in the room during a Urethrogram?

- A doctor; a radiologist or radiology registrar (a fully qualified doctor who is specialising to become a radiologist)
- Medical Radiation Technologist/s (MRT)
- There may also be a student MRT assisting the MRT during the procedure.

We understand that this is a sensitive procedure and will check before the examination that you are comfortable that MRT students are present.

How do I prepare for a Urethrogram?

There is no preparation required for this test.

What happens before the test?

Radiology staff will welcome you and show you to the changing room. Your belongings can be left safely there.

You will be asked to change into a hospital gown.

The MRT will show you the x-ray table and introduce you to the doctor who will explain the test and answer any questions that you may have.

What happens during a Urethrogram?

Once you have discussed the procedure with the doctor, you will be asked to lie on the x-ray table.

They will use a cleaning solution to wash the end of the penis and cover you with a sterile cover. You will be uncovered for a few moments while this is happening but the team

will ensure that you are exposed for the shortest possible time.

The doctor will introduce a small tube into the tip of the penis. You will feel this. However a numbing gel is used to minimise discomfort.

You may be asked to help by holding the tube in position. The tube has a small balloon that may be filled to stop any x-ray dye from leaking out.

The doctor will take x-ray pictures as they fill your bladder.

When your bladder is full the balloon will be deflated and the tube will be removed. The x-ray machine will be moved to an upright position for the second part of the test.

You will then be given a urinal to hold and asked to empty your bladder while more x-ray pictures are taken.

How long does it take?

Usually the whole procedure will take about 30 minutes.



The fluoroscopy room

What happens after this test?

You may get changed and leave when you are ready.

There is a shower in the changing room that you are welcome to use.

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After the test is over, you may notice some blood at the tip of your penis. The next few times you urinate, you can expect some mild discomfort or stinging at the end of the penis where the catheter was inserted and the balloon inflated. You may also pass a small amount of blood. This is normal after having a catheter inserted, will go away in a day or two and you do not need to worry.

What are the risks of a Urethrogram?

A Urethrogram is generally considered to be a safe test

- It is possible to damage the urethra during this procedure; this is a rare complication and is more likely in an emergency situation.
- There is a very small chance of introducing an infection. To avoid infection the test is carried out as a sterile procedure. Despite this, if you feel unwell in the days following this examination, have a fever, have any unusual discharge or bleeding from your penis please contact your GP or go to the Emergency Department.
- Very rarely; there may be a reaction to the contrast used. If this did occur, it would be treated with appropriate drugs which may include antihistamines
- All x-ray examinations involve exposure to radiation in varying amounts. The length and level of exposure to radiation from x-rays in medical procedures is strictly controlled and kept to the minimum possible.

How do I find out the results of this test?

The doctor will not be able to provide a result immediately.

They will study the images obtained and will write a formal report and send the results to the doctor that referred you for this test.

A copy will also be sent to your GP.

Results are usually available to your doctor within 2 weeks.

Where can I go to find more information?

If you have any further questions about this test contact the radiology admin team using the contact details below and they will arrange for an MRT to call you back.

If you have questions about why you are having this test, please discuss with your doctor.

The **InsideRadiology** website listed below is another good source of information:

<http://www.insideradiology.com.au>

under the heading "Consumer Information Items – "Men"

General

There are no lockable facilities in Radiology. We strongly recommend that any valuables are left at home.

Please be aware that CCDHB does not take responsibility for any loss or damage of personal property belonging to patients whilst on CCDHB premises

Contact us

Phone: (04) 806 2193 ask for Fluoroscopy bookings

Hours: 8am-4pm, Monday to Friday

Fax: (04) 806 0301

Email: radiology.admin@ccdhb.org.nz