

How to Prepare for an Intravenous Pyelography

What is this test for?

This test is used to examine the urinary system by taking X-rays of the kidneys, ureters (tubes that carry urine from the kidneys to the bladder), and bladder.

What should I do before the test?

- You must obtain the following laxatives from the pharmacy: Citro-Mag® (300 mL) and Dulcolax® (3 x 5 mg tablets). These products are available over the counter, without a prescription.
- The day before the test, follow a liquid diet:

Noon (Lunch)	Consume only strained soup broth (remove all solid food) or tomato juice. You may have Jell-O. You may drink tea or coffee (without milk or cream).
1:00 p.m.	Drink a large glass of water (250 mL or 8 oz).
2:00 p.m.	Drink a large glass of water (250 mL or 8 oz).
3:00 p.m.	Drink a large glass of water (250 mL or 8 oz).
4:00 p.m.	Drink the Citro-Mag® preparation (300 mL).
6:00 p.m. (Dinner)	Consume only strained soup broth or tomato juice. You may have Jell-O and drink tea or coffee (without milk or cream).
7:00 p.m.	Take the 3 Dulcolax® tablets (5 mg each).
8:00 p.m.	Drink a large glass of water (250 mL or 8 oz).
9:00 p.m.	Drink a large glass of water (250 mL or 8 oz), then do not eat or drink anything until the test.

What should I bring for the test?

- Your valid health insurance card (otherwise, you will have to pay for this test).
- Your valid hospital card (otherwise, you will need to go to registration to obtain one before your appointment).
- A list of your medications.
- A bag for your personal belongings. Do not bring valuables or jewelry. The hospital is not responsible for lost or stolen items.

How is the test performed?

- You will need to change into a hospital gown.
- You will lie down on the examination table.
- The technologist will first take a few X-rays of your abdomen and kidneys.
- Then, an iodine-based contrast agent will be injected into a vein in your arm. This helps better visualize your kidneys, ureters, and bladder on the X-rays.
- After the injection, the technologist will take X-rays at different times to monitor how the contrast agent passes through your urinary system.
- The test takes approximately 30 minutes.



What to do after the test?

- After the test, drink at least 1 litre of water on the same day to help eliminate the contrast agent.
- If necessary, you may need a blood test 48 hours after the test to check your kidney function. Details will be provided by the administrative staff after your appointment.

Important!

Inform the staff when they call to give you your appointment date and remind the technologist on the day of the test if:

- You have kidney dysfunction.
- You are allergic to iodine-based contrast agents. If you are allergic, premedication may be prescribed. You can obtain it from a pharmacy, where instructions will be provided on how to take it.

How do I book, cancel, or reschedule my appointment?

- You do not need to book this test. We will contact you with your appointment date.
- To cancel or reschedule, call 819-346-1110:
 - Extension 21049 if your appointment is at **Hôtel-Dieu de Sherbrooke**.
 - or
 - Extension 13053 if your appointment is at **Fleurimont Hospital**.

Leave a message with:

- Your full name.
- Your file number (found on your hospital card).
- The scheduled date of your test.

Where do I go for the test?

This test is performed at Hôtel-Dieu de Sherbrooke or Fleurimont Hospital:

Fleurimont Hospital

3001, 12th Avenue North, Sherbrooke, QC

Enter through the main entrance (2nd floor), go to the 3rd floor, then proceed to radiology reception (room 3635).

Hôtel-Dieu de Sherbrooke

580 Bowen Street South, Sherbrooke, QC

Enter through door 25 (corner of Woodward and Murray streets), go to the 2nd floor, then proceed to radiology reception (room 2408).

For more information



Call **811, option 1**, or speak with your **pharmacist**.



If you do not have a family doctor or nurse practitioner: **Call 811, option 3**.

If you have a family doctor or nurse practitioner: **Contact their office**.