

Parents and Caregivers, this education material is meant for you to read along with your child to help prepare them before their procedure.

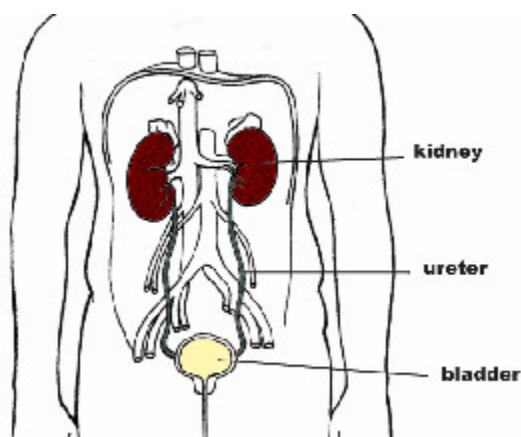
VCUG

What is a VCUG?

A (Voiding Cystourethrogram) VCUG uses special pictures called x-rays to help your doctor know how your bladder is working. Your bladder is the place inside your body where your pee stays until you use the toilet. It also tells the doctor about the tubes that connect your bladder to your kidneys. These tubes are called ureters. The pee flows from your kidneys down to your bladder. If the pee goes back up the tubes from the bladder toward the kidneys, that is called reflux. This is what we are looking for with these x-ray pictures.

Getting ready for your VCUG

Your parent will stay with you through the whole test (unless your mother is pregnant; if this is the case, your Dad or another adult will keep you company). You may bring a special toy like a teddy bear, doll, or blanket to hold during the VCUG.



What will happen during your VCUG?



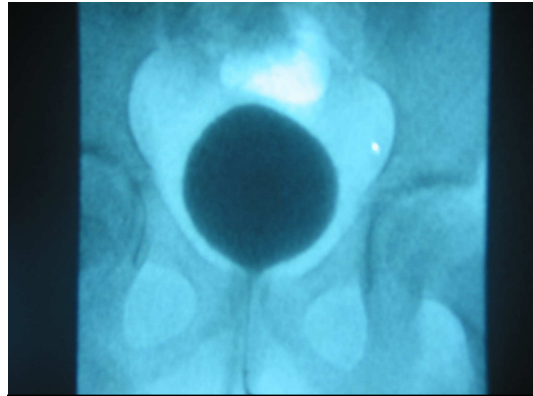
Bed and the camera

When it is your turn, a technologist will bring you and your parent to a room with a few big machines. These machines are just big cameras that take pictures of the inside of your body! There will be a bed; some people think it looks more like a table. The cameras are connected to a TV screen so that the doctor can see the pictures as they are being taken.

You will be asked to change into our hospital clothes, just for the pictures; then climb up onto the bed (someone might need to help you). You will lie on your back. The technologist will ask girls to place their legs in the frog leg position. To do this, bend your knees and put your feet close to your bottom, then stick your knees out to the side. Boys will just need to lie flat on the bed. The technologist will then clean the private area between your legs with some orange or brown soapy liquid. It will feel cold and wet. This makes the area extra clean. It's important not to touch anything below your belly button after they clean this area, until the end of the test. Next, the technologist will slide a small thin tube called a catheter along the path (inside your body) that your pee takes from your bladder to the outside of your body. The tube is soft like a spaghetti noodle. Putting the catheter in

may be uncomfortable. The technologist will help the tube go in easier by putting some very slippery gel on your skin on your private area called lidocaine. The gel helps your skin not feel the tube so much. Once the catheter is in place, the technologist will loosely tape the catheter to your leg so it doesn't slip out.

It will also help a lot if you can try to relax your muscles as much as possible. Your mom, dad, or other adult who is with you will stand next to you to hold your hand. You might notice a tall pole with a bottle of clear liquid hanging at the top. The clear liquid is called contrast. This liquid will help the x-ray pictures be clear and help the doctor see your pictures better. The liquid will go from the bottle through the tube (catheter) and into your bladder. As this happens you might feel like you have to use the bathroom. When you think you cannot hold it any longer tell the doctor. We will take a few more pictures (x-rays). Then, believe it or not, the doctor will ask you to let the contrast come back out of your bladder! Right on the x-ray bed! It will seem like you are going to the bathroom, but really you are just letting the contrast liquid come out. While you are emptying your bladder, the catheter will slip out, too. The doctor or technologist will make sure there are towels under you, so that you don't get very wet. As this happens, the doctor will take more pictures of your bladder emptying. This is how the doctor can see how your bladder works!



Picture (x-ray) of the bladder filling with contrast

After all the pictures, you're finished! You can wipe off any contrast liquid that might have spilled on you during the test (it feels like water). Then you can put your underwear and clothes back on, and go home or back to school. You should feel very proud of yourself, because **YOU DID IT!**

**For more information and questions,
Please Call Phoenix Children's Hospital-Radiology Department
(602) 546-1229**