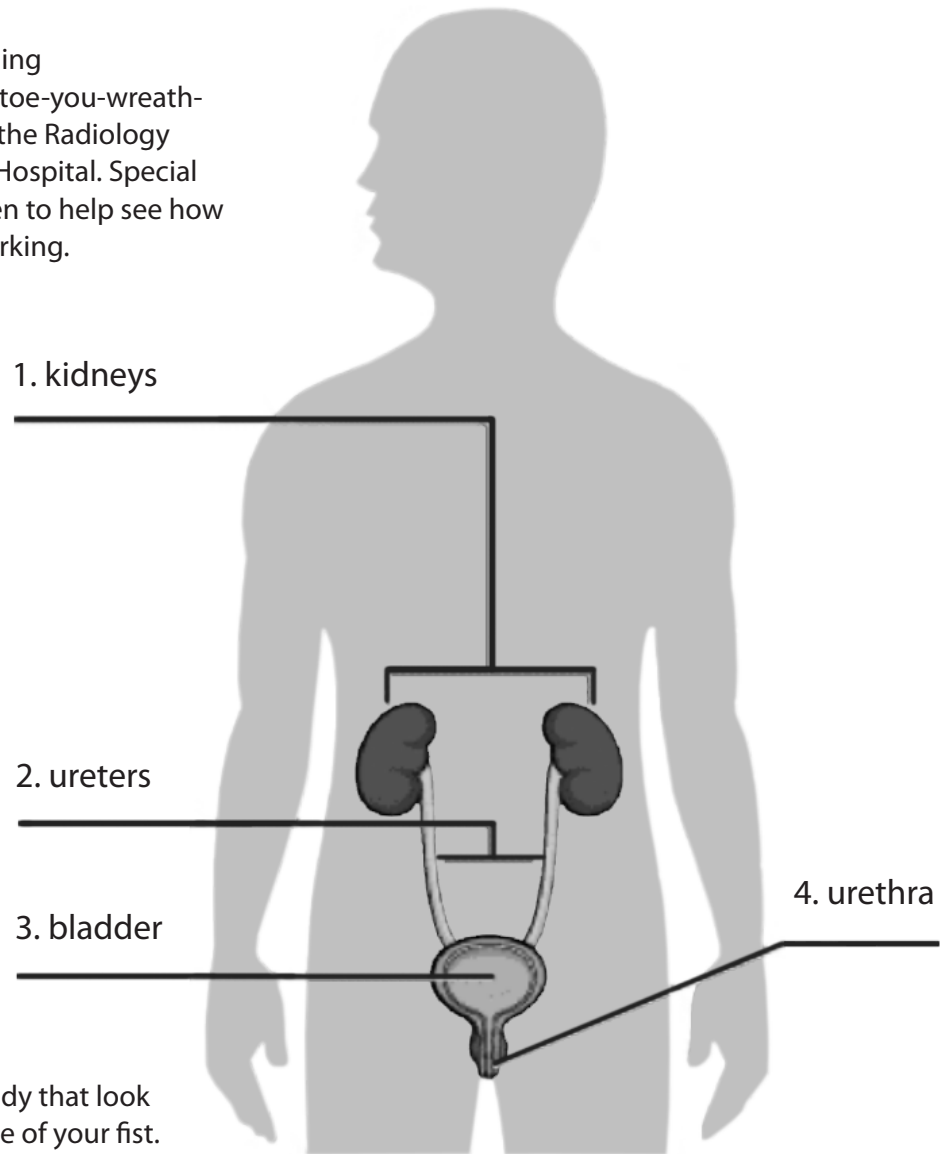


Getting Ready for Your VCUG

What is a VCUG?

You are scheduled to have a Voiding Cystourethrogram (Voy-ding Sis-toe-you-wreath-row-gram), or VCUG for short, in the Radiology Department at Legacy Emanuel Hospital. Special pictures called X-rays will be taken to help see how your bladder and kidneys are working.



Your kidneys are parts of your body that look like beans. They are about the size of your fist. Your kidneys help to clean your blood by removing waste and making urine or pee. They send the pee to your bladder. Your bladder is the place in your body that holds your pee until you go to the bathroom.



Why am I having a VCUG?

There are lots of reasons kids need to have a VCUG.

Some reasons are:

- I have to pee all the time
- It hurts when I pee
- I wet the bed sometimes
- I keep getting urinary tract infections
- I cannot pee when I feel like I need to

Why are you having a VCUG?

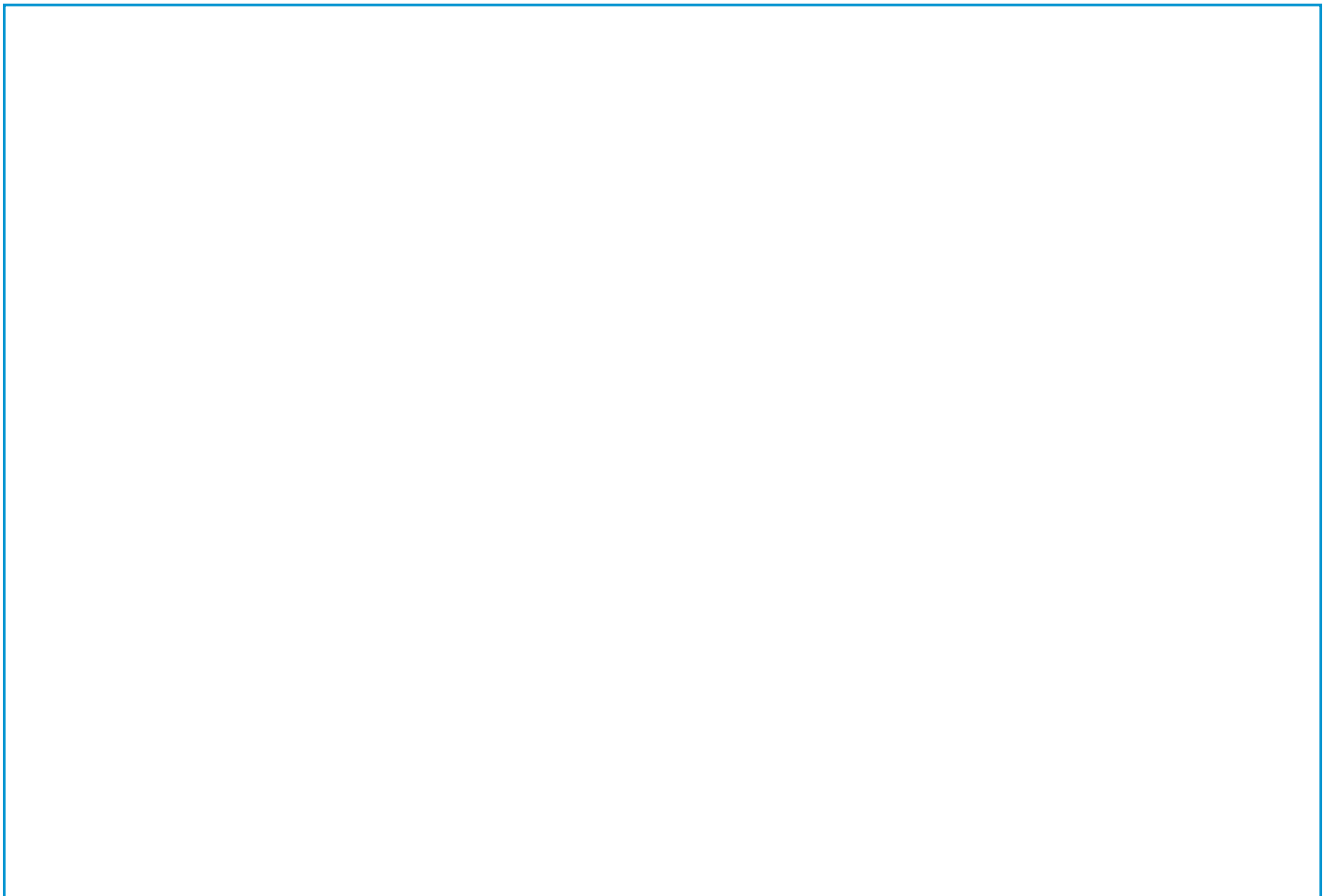


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The day of my VCUG:

On the day of your VCUG your parents or the adult that you bring with you can stay with you through the whole test. Siblings or other children are not allowed in the room during the test. (Note: Women who are pregnant cannot stay in the room while pictures are being taken)

Draw a picture of the person who will be coming with you!



When it is your turn you will meet a nurse, imaging technologist, and child life specialist who will be helping you with the test. They will tell you what you will see, hear, and feel during your visit. They will explain the test and answer any questions you have. The nurse will take your temperature and listen to your heart.



Next, you will go to the room where your pictures will be taken. You will see a few big machines. These machines are just cameras that take the special pictures! There will be a bed, some people think it looks more like a table. The camera above the bed is connected to a special TV screen that shows the doctor the pictures that are being taken. Let the doctor know if you would like to see your pictures on the TV screen too!

There will also be a tall pole with a bottle of clear liquid, called contrast, hanging from the top of it. Contrast is special picture water that helps your doctor see your bladder.

What will happen during my VCUG?

- First you will need to change into a hospital gown, sometimes called hospital pajamas, so that your clothes don't get wet. There will be a room for you to change in.
- After you have changed, you will be asked to climb up onto the bed. There will be toys and games to play with during your pictures.
- Next, the nurse will slide a small thin tube, called a catheter, in the opening where your pee comes out. The tube is soft like a spaghetti noodle. The tube helps put the picture water into your bladder to help the doctor see how your bladder is working.
- Putting the tube in may be uncomfortable. The nurse will help the tube go in easier by putting some very slippery lotion on it. This lotion helps you not feel the tube as much. When you get to the hospital ask to feel how slippery it is!



How can I help?

You can help the nurse put the tube in by laying still. We can help you to remember too. Girls will be asked to make butterfly legs. To do this, bend your knees and put your feet close to your bottom, then stick your knees out to the side. Boys will be asked to keep their legs straight for this part of the test.

Position for Girls:



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How Can I Help?

You can also help the tube go in a little easier by relaxing your muscles. Taking slow, deep breaths will help your muscles relax and that will make it easier for the small tube to slide in. To help you understand, try this little experiment:

First, make one of your hands into a fist. Squeeze your hand as tight as you can. Now with your other hand, try to push a finger in between the fingers making the fist. It's not easy, is it?! Next, loosely hold your hand in a fist (your muscles are more relaxed this way). See if your finger fits between more easily this way.

Tense Hand



Relaxed Hand



Some kids say that these things help them relax:

- Blowing Bubbles/Pinwheel - take a deep breath in and slowly blow the pinwheel to see how slow/fast you can make it go
- Belly breathing - Belly breathing is when you take deep breaths. You breathe so deep that you feel it in your belly. Your belly should go up and down when you take belly breaths.
- Playing games, with toys, or reading a book

You might have your own ideas for helping yourself through this test.

What do you think you will do to relax?



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Picture Time!

Once the tube is in place, it will be time to use the contrast, or picture water, that helps the doctor see your bladder. The contrast will drip from the bottle, through the tube (catheter) into your bladder.



The X-ray doctor, also known as the radiologist, will begin to take pictures with the big camera. The camera will come close to your body, but will never touch you and will not hurt. Your parents or other grown-up that you brought with you will be able to stay during this part. They will wear a special robe while the X-rays are being taken.



As the X-ray doctor takes your pictures you might feel like you have to go to the bathroom, but we need you to hold it in for as long as you can. Let the doctor know when you don't feel like you can hold it anymore.

When the doctor is ready, he will ask you to go pee while you are lying on the bed. The person who is helping take the pictures will put a special toilet or urinal under you to catch the pee. They will tell you it is okay to go pee now. The doctor will take more X-ray pictures while you do this. This is how the doctor can see how your bladder works! While you pee, the tube will slip out.

**Bedpan
for Girls**



**Urinal
for Boys**



You Are Done!

- After you pee and all of your pictures have been taken, you are finished!!
- You can wipe off any contrast liquid that may be on you and change back into your clothes. Your parents or adult you brought with you can help.
- You should be very proud of yourself because **You Did It!!!** After you are all done you will get to pick a prize!
- Some kids say it tingles or feels warm the first few times they go to the bathroom after this test. The doctor says this is normal and "OK". Don't worry, that feeling will go away soon.



Glossary

Bladder: The place in your body that holds your urine (or pee) until you have to go to the bathroom.

Catheter: A small, thin, soft tube that the contrast travels through to your bladder.

Child Life Specialist: A person who teaches you about your doctor's visit and makes sure you get to play while you are getting your pictures taken.

Contrast: Clear liquid or picture water that helps the doctor see the X-ray pictures easier when it is inside your body.

Kidneys: Kidneys clean waste (stuff that your body doesn't need) from your blood and turns it into urine (pee).

Radiology Department: The place in the hospital where X-rays are taken and where your VCUG will be done.

Imaging Technologist: A person who goes to school to learn how to take X-rays. This person will help you during the VCUG.

Ureters: Tubes that connect your kidneys to your bladder.

Urethra: The opening in your body where your urine (pee) comes out when you go to the bathroom.

X-ray: A picture of the inside of your body.



Questions about my VCUG

Use this space to write down questions you have about your VCUG. Bring this with you on the day of the test and we will answer questions before we begin!

Note to Parents:

The information in this booklet does not replace information given to you by physicians, radiology technologists, or other members of your child’s healthcare team.

If you have any questions about how to prepare your child for this test, contact a Child Life Specialist at (503) 413-4413.

References

“How The Body Works; The Urinary System.”
Kidshealth.org. The Nemours Foundation, 1995-2016. Web. 17 May 2016.

McDonald, Teresa Fagan. “Voiding Cystourethrogram” California Pacific Medical Center. San Francisco, CA.

