

- Talk or play with your child throughout the exam. For example, play “I Spy,” read books, tell stories, listen to music or play with toys. Some toys are available in the exam room.
- Ask your child to take deep breaths. Practice deep breathing at home before the test by pretending to blow bubbles or blow out candles on a birthday cake. Deep breathing can help your child’s body relax to make it easier to place and remove the catheter.
- Ask questions. Make sure you have all the information you need to be prepared and to best support your child.

Glossary

Bladder: the part of the body that collects urine.

Catheter: a thin, flexible (soft) tube placed in the body to place contrast in the bladder.

Contrast: a liquid used to better see pictures of the inside of the body.

Fluoroscope: a camera used to see moving pictures of the inside of the body.

Radiologist: a doctor who takes and looks at pictures from the test.

Radiology tech: a person who takes pictures of the body.

Urethra: the part of the body that connects the bladder to the outside of the body.

Ureters: the parts of the body that move urine from the kidneys to the bladder.

Urinary system: the part of the body that makes, stores and gets rid of urine.

If you would like a Child Life Specialist to talk to your child about the test or give support, call 323-361-7675.

References

Caffey’s Pediatric Diagnostic Imaging, Eleventh Edition, 2008, Thomas L. Slovis- VCUg Volume 2 p. 1789

Children’s Hospital Los Angeles Department of Imaging Policy and Procedure 107-2f

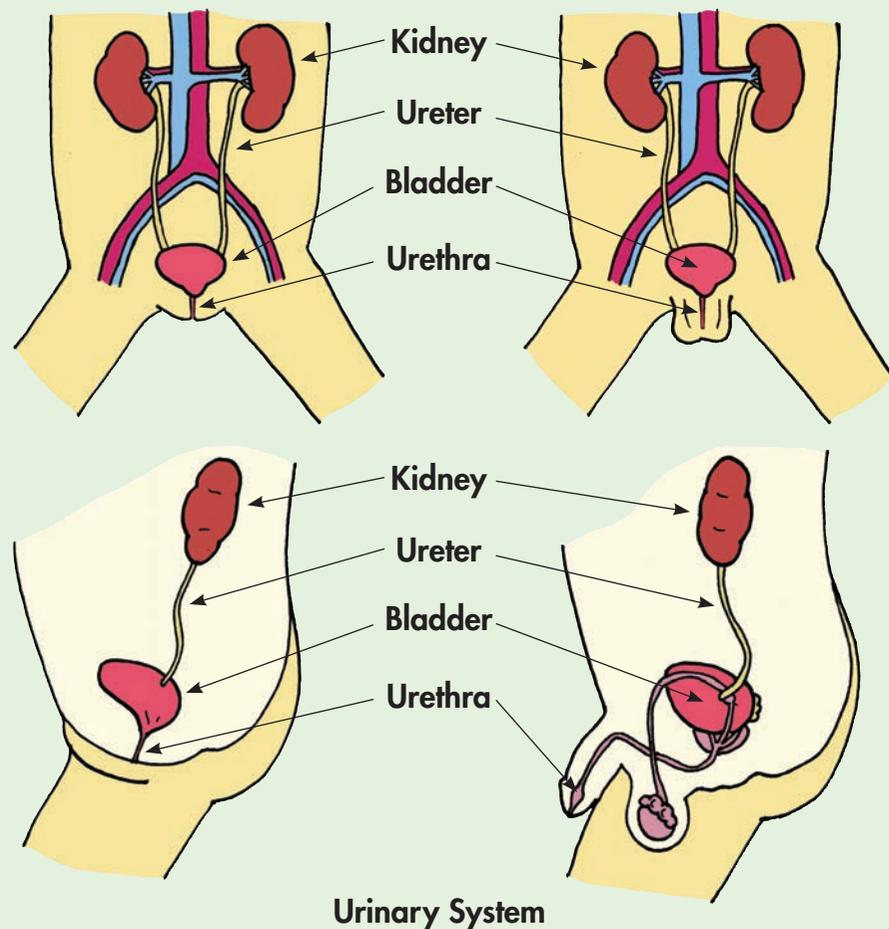
Children’s Hospital Los Angeles Policy and Procedure CC-186.0 Urinary Catheterization

Pediatric Voiding Cystourethrogram (VCUG)



What is a VCUG?

A VCUG is a test that takes pictures of the urinary system. It shows how the bladder and its connecting tubes (urethra and ureters) are working.



Preparing for the Test:

Visiting children must stay in the waiting room and may not be left alone. If you plan to go into the test room with your child, please bring another adult with you to watch your children.

What Will Happen During the Test?

- A staff member will bring you and your child into the room. You will be able to stay with your child.
- If you are pregnant, you will need to leave the room when X-rays are being taken.
- Before the test, your child will be asked to use the restroom.
- Your child will need to remove all clothing, including underwear, and put on a hospital gown.
- The radiology tech will take one X-ray picture of the stomach/ belly area.
- The nurse will clean your child's urethra (the opening on the penis for boys and near the vagina for girls where the urine comes out) with soap that feels cold and wet. The soap may cause a tingling feeling.



- The nurse will place gel on a small tube (catheter) to help the tube slide into your child's bladder through the urethra. Your child will feel uncomfortable when the catheter is being placed. It might be like a pushing or pinching feeling.
- A small piece of tape will be used to hold the tube to the inside of your child's leg.
- The small tube (catheter) is used to fill your child's bladder with a liquid called "contrast." This helps the doctor to see how the bladder fills and empties when using the "fluoroscope" camera.
- As the bladder is filling with the contrast, the radiologist will take pictures using the fluoroscope. The pictures can be seen on a TV screen in the room.
- Once the bladder is full of contrast, your child will need to empty his or her bladder using a bedpan or urinal. The tube (catheter) often slides out while the patient is urinating. If it does not slide out, the radiology tech will take it out once the test is done. It usually does not hurt when the tube is removed.

How Can I Help My Child?

- Explain to your child why the test is needed and what will happen during the test. Use simple words that are familiar between you and your child (for example, calling urine "pee pee").
- Be honest with your child about the test.
- Bring comforting things that your child enjoys from home, such as a favorite toy, blanket, book, etc.
- Praise and support your child during the test. (Say, "Good job holding still," hold your child's hand and acknowledge his or her feelings.)