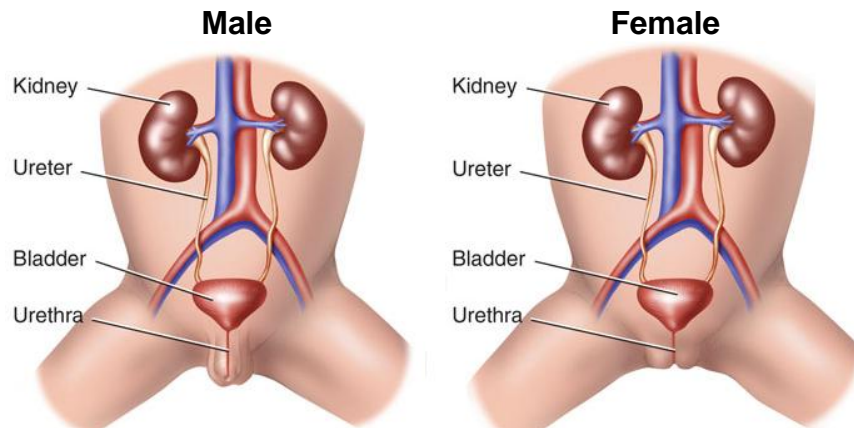


Pediatric Voiding Cystourethrogram (VCUG): A Parent's Guide

What is a VCUG?

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



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What will happen during the test?

- A staff member will bring you and your child into the room where you will be able to stay. If you are pregnant, you will need to leave the room when x-rays are being taken. Visiting children must stay in the waiting room and may not be left unattended. If you plan to go into the test room with your child, please bring another adult with you to watch your children.
- Before the test your child will be asked to use the restroom.
- Your child will need to remove all of their clothing including their 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.



Procedure Room - Fluoroscope Camera

- 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 you can help your child?

- Explain to your child why the test is needed and what will happen during the test using 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.
- Give praise and support to your child during the test (say “good job holding still”, hold your child’s hand, and acknowledge his /her feelings).
- Talk or play with your child throughout exam (such as “I Spy”, reading books, telling stories, listening to music or playing with toys - some toys are available in 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 to make it easier to place and remove the catheter.
- Ask questions to make sure you have all of the information you need to be prepared and best support your child.

Glossary:

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

Bladder – part of body that collects urine

Urethra – part of the body that connects the bladder to the outside of the body

Ureters – part of the body that moves urine from the kidneys to the bladder

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

Flouroscope – camera used to see moving pictures of the inside of the body

Contrast – liquid used to better view pictures of the inside of the body

Radiology tech – person who takes pictures of the body

Radiologist – doctor taking and reviewing pictures from exam

Call 323.361.7675 to ask for a Child Life Specialist
who can talk to your child about the test or give support.

The Chase Child Life Program.