

Time for pictures!

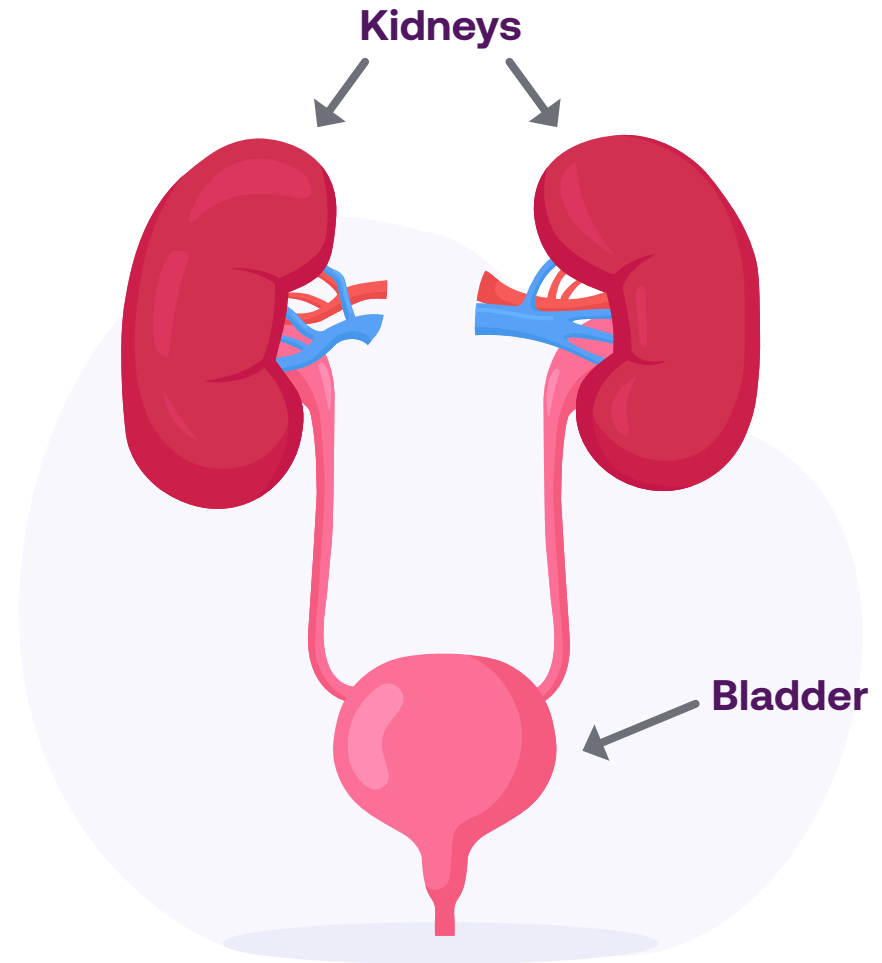
You're going to get a **VCUG**.
Here's what that's all about.



What is a VCUG?

Technically, a VCUG is a BIG word — it stands for voiding cystourethrogram. We'll just call it a VCUG. It's a test that takes pictures of the inside of your belly. Those pictures let us see what is happening when you pee. Inside of your belly is your bladder. It's like a bag or balloon that holds your pee until you go to the bathroom.

During your test, a camera, called an X-ray, is used to take pictures of the inside of your belly. This camera can take these pictures without touching you.



Arriving at the hospital

You'll first check in at the registration desk in the hospital's main lobby. You and your caregiver will get a bracelet to wear that has your name and birthday on it.



Where you'll wait

After registration, you and your caregiver will go to the radiology waiting room and check in with a receptionist at the front desk. There's also a little room just for kids with a table, chairs and a TV! When it's time for your pictures, a radiology technologist (or a tech for short) will come to the waiting room and call your name. The tech will bring you to the VCUG room.



Let's check out the VCUg room

This picture shows you the room where you'll have your VCUg. You can see the bed you will lie on, the X-ray camera and the TV screen where the pictures of your belly will show up.



TV

Camera

Bed

Your care team

Because we only want pictures of you, everyone else in the room will wear a lead apron — even the grown-ups who came with you. They'll also wear something over their neck that's called a "thyroid shield."



There's hospital PJs!

The first thing you'll do when you go into the VCUG room is to change into hospital pajamas. You only need to wear the PJs during the VCUG. Before you go home, you can put your clothes back on. Once you get changed, you'll lie down on the X-ray bed.



Positioning

Girls, you'll lie in a "butterfly" or "frog" leg position. This is when you put the bottoms of your feet together and rest your legs out to each side. Boys, when you lie down, you'll straighten your legs. These are the best positions for the pictures.

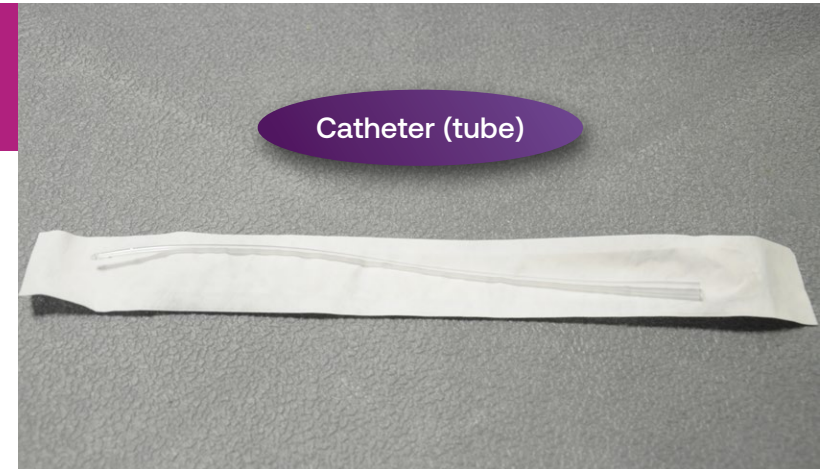
What to do while lying down

While you lie on the X-ray bed, you can play with an iPad, listen to music, read a book, squeeze a stress ball, play with toys or just relax.



It's time to take your pictures

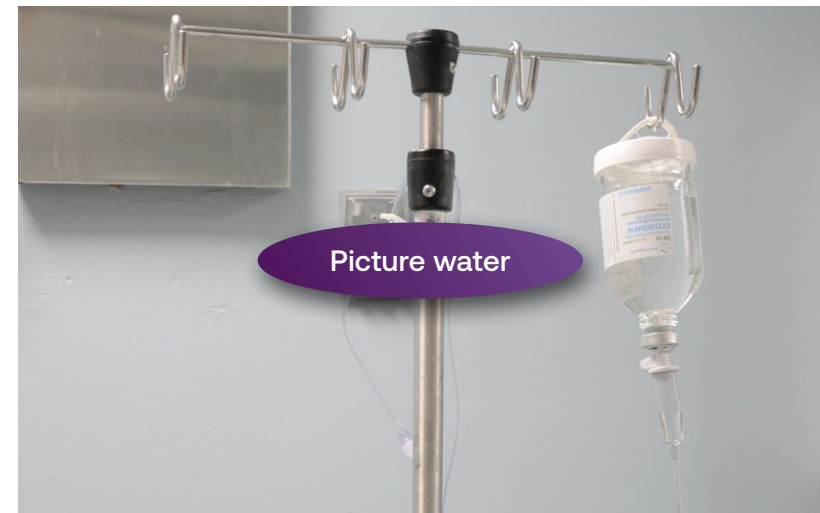
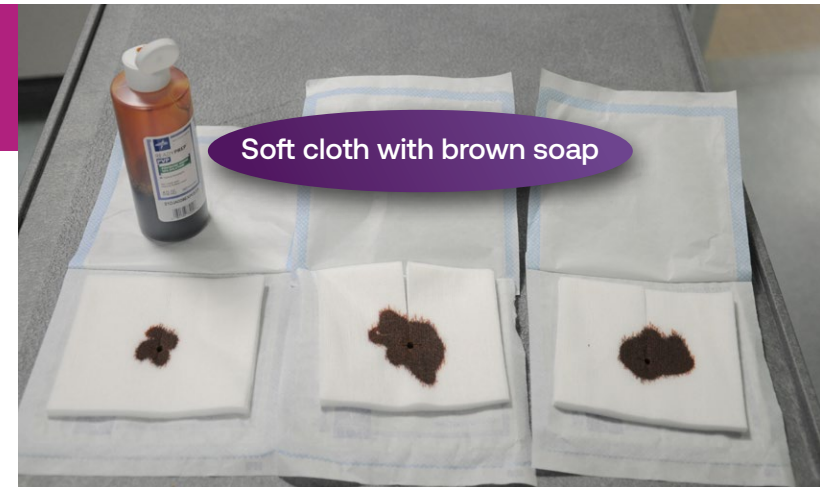
A nurse will come into the room before we start taking the pictures of your belly. The nurse is going to put a small wiggly tube, called a catheter, into the hole where your pee comes out. The tube is stretchy and can easily bend. It's about the size of a piece of spaghetti. Only a little bit of the tube goes into the hole where your pee comes out, not the whole thing.



Why you need a catheter

The tube is used to fill your bladder with “picture water” called “contrast.” The water looks clear on the outside but looks black on the pictures taken by the X-ray camera. The nurse is going to clean the hole where your pee comes out three times with three separate soft cloths and brown soap. This will feel cold and wet. Next, the nurse is going to dip the end of the tube in a clear jelly that helps make the tube slippery.

Finally, the nurse will put the tube into the hole where your pee comes out. Most kids say it feels like “pushing” and can be a little uncomfortable. Taking deep breaths or blowing bubbles while the tube is going in helps to relax all your muscles so that the tube slides in easier. The more relaxed you are, the easier it will be for the nurse to insert the tube. Once the tube is in, the nurse will put a piece of tape over the tube to help keep it in place. The tech will then cover you with a blanket or sheet.



Getting your VCUG pictures

The physician assistant (or PA for short) will come into the VCUG room once the tube is in place. It's now time to take your pictures. Remember, the X-ray camera will come over your belly but never touch you. The picture water (contrast) will now be put into your bladder through the small tube in the hole where your pee comes out. This doesn't hurt.

The PA will take pictures of you lying on your back, on your left side and on your right side. Since we are putting picture water into your bladder, you will feel like you must pee. This is normal. When you feel like you must pee, you can tell your caregiver or any adult in the room.



Taking the tape off

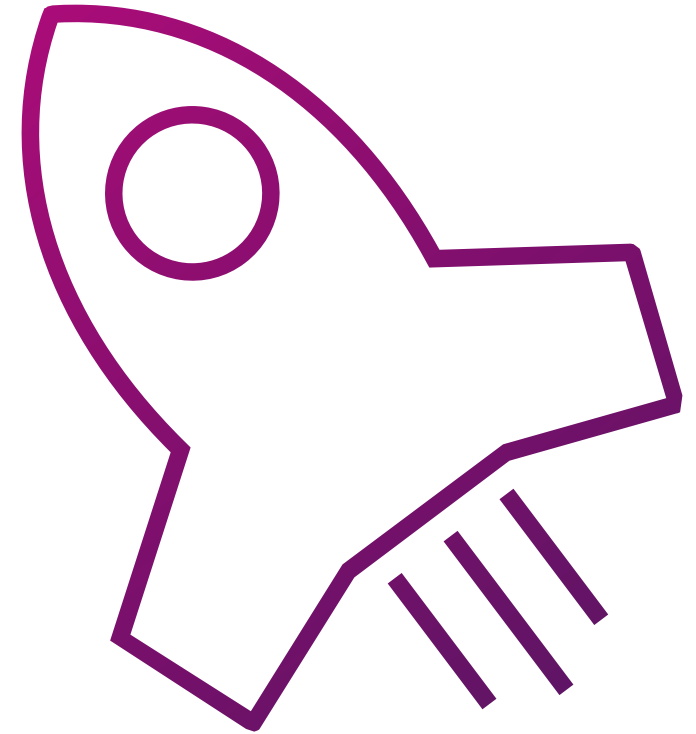
When you feel like you must pee, the tech will take the tape off your body that is helping to hold the tube in place. The tape is like removing a Band-Aid. It's very sticky.

Now it's time to pee

You will pee while you're lying down on the X-ray bed. There are soft towels underneath you that you'll pee on. When you pee, the tube will slide out of the hole where your pee comes from. We know that peeing while lying down can be hard. Remember to relax and try to take some deep breaths.

Getting one final picture

After you pee, the PA will take one last picture and slide the camera back. That's how you know you're all done. You can get off the X-ray bed and change out of your hospital PJs and get back in your clothes. Once you're done changing, you'll get to pick out a new toy from the treasure chest to bring home with you.



Our child life specialists are here to help

A child life specialist can help reduce a child's fear associated with the hospital environment. They do this through therapeutic play, developmentally appropriate medical preparation and coping support. They can help you and your family understand what to expect during a VCUG.



Questions?

After reading this, you might have questions. Feel free to write them down (by yourself or with the help of your caregiver) and bring them with you to the hospital. We will make sure all your questions are answered before we start!



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GREAT JOB!

**That's the end of your VCUG.
You're all done.**

