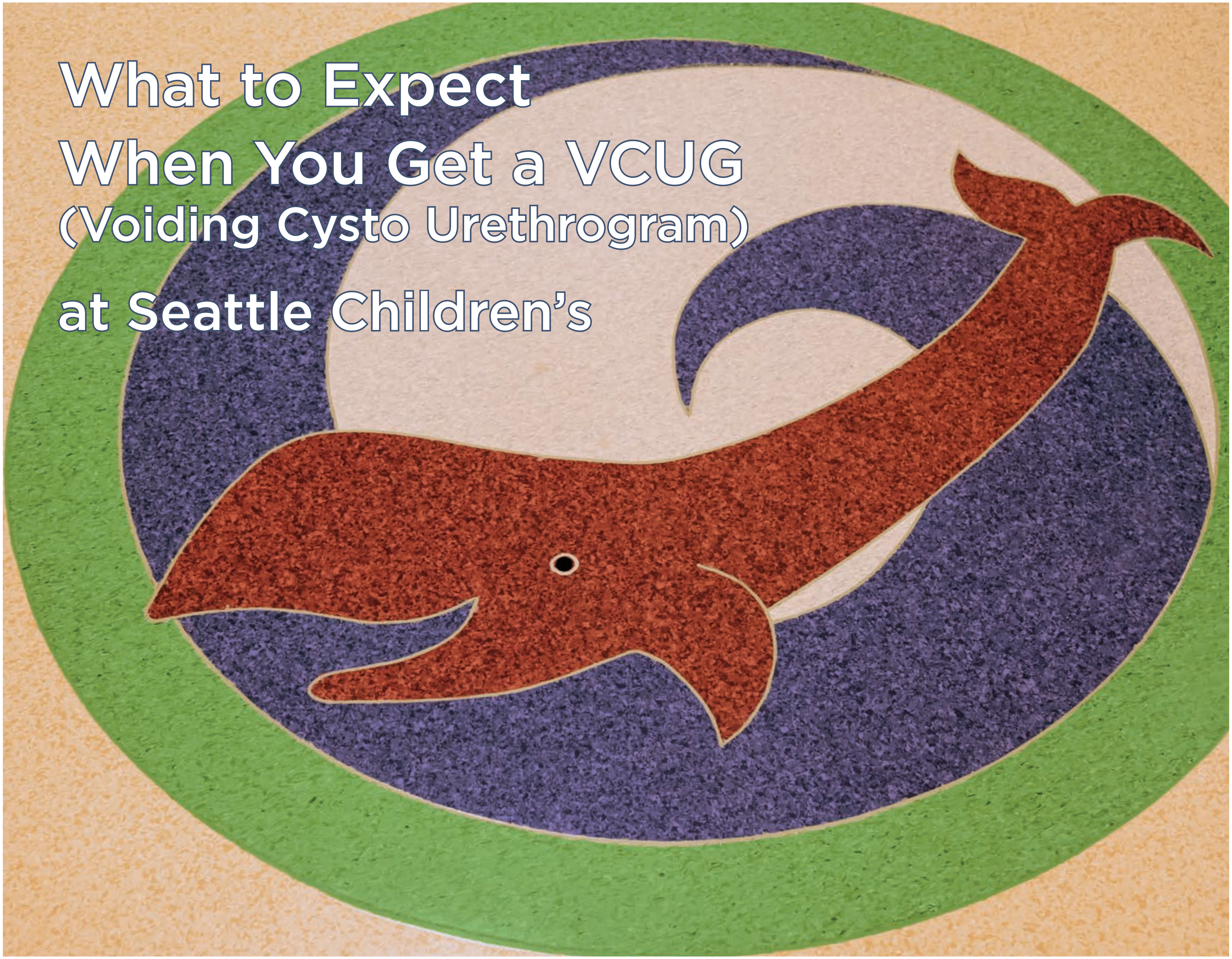
What to Expect When You Get a VCUG

(Voiding Cysto Urethrogram)

at Seattle Children’s



A note about this book:

This book is for children of all ages. It explains a common patient experience of getting a voiding cysto urethrogram, also called a VCUG, at Seattle Children's.

Some children can handle a lot of information while others may become anxious. You know your child best: choose which sections of this book to share.

What you can do

We encourage you to be present and supportive of your child when they are having their VCUG.

You will receive information about how to prepare for the VCUG. For more information about the test, see our handout about VCUG at www.seattlechildrens.org/pdf/PE021.pdf.

For questions or to schedule a consult with a Child Life specialist (includes medical play, coping strategies or a tour), please contact:

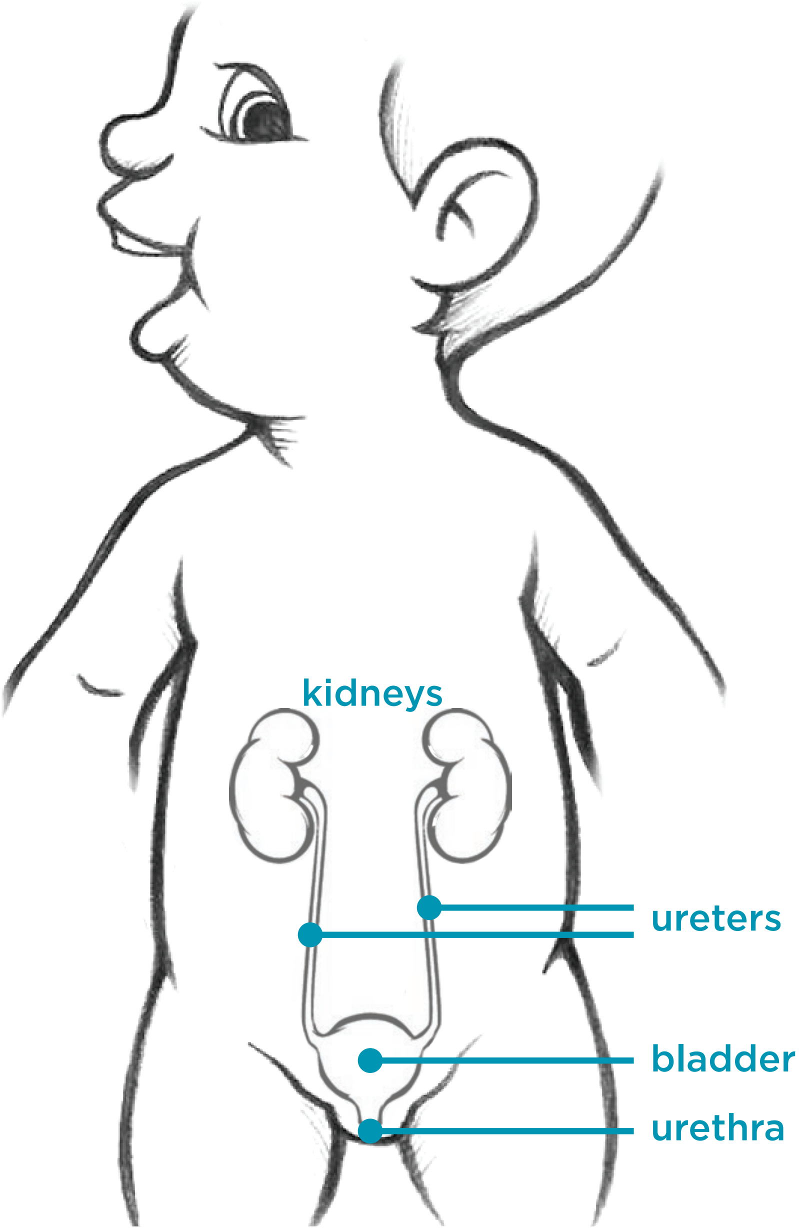
Seattle Children's Radiology Child Life Specialists

206-987-2366

You are coming to the hospital for a VCUG (Voiding Cysto Urethrogram). Many kids come to Children's for this same study.

You might have a lot of questions. Read on to learn what your day will be like.

Who do you think you will meet? What are they going to do?



During the VCUG, the doctor will take X-ray pictures of the parts of your body that make and store pee to see how they are working. The parts of your body that make and store pee are your kidneys, bladder, ureters and urethra.

A doctor looks at the X-ray pictures to see if all of the pee comes out of your bladder when you pee, and none of it stays inside your body or goes back up into your kidneys (this is called reflux).

Can you find the kidneys? How many are there?

When you come to Seattle Children's with your parent or caregiver, you will first need to check in for your procedure.

You will get a bracelet that has your name and birthday on it. If you brought a stuffed animal with you, ask if your stuffed animal can have a bracelet too!

Many people will want to look at your bracelet. How many do you think will ask to see it?

After you check in, you can go to the Radiology waiting room and watch TV, color or play the Wii.

Do you have a favorite toy you want to bring with you?

Some kids who come for a VCUG need relaxing medicine called sedation. If you are getting sedation before your pictures, you will go to the Radiology Anesthesia area first.

The nurses there will weigh you and take your temperature and blood pressure. This is to make sure you are healthy for the medicine.

Once you take the medicine, you will be in the room until it starts working.

You might feel sleepy, silly, or maybe just like everything feels funny.

When it is your turn, a radiology technologist (the person doing your procedure) will call your name. You and your family (1 or 2 adults) will walk to the X-ray room. This is where you will get ready for the VCUG.

The technologist will give you a hospital gown to wear during your test.

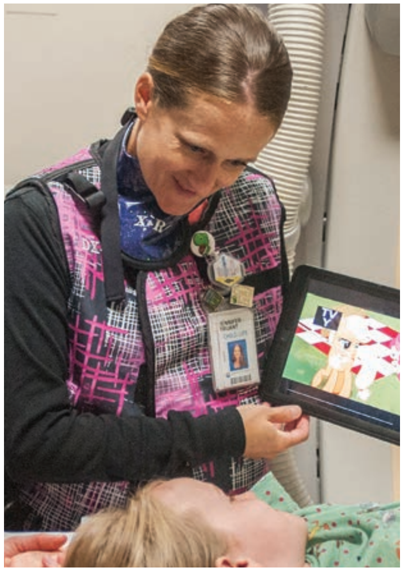
You can change back into your regular clothes later to go home.

After you put on the gown, you will lie down on a bed. Above the bed is an X-ray camera. The doctor will use this camera to take pictures of your tummy.

The camera will come very close to your body, but it won't touch you.

Your job is to lie still like a statue on the bed so that the camera can take good pictures. Your parent or caregiver can stand next to you the whole time.

What does the camera remind you of?



Everyone in the room who is helping you will wear a special apron so that the camera does not take pictures of them, too. You do not need to wear an apron because the camera is taking pictures of your tummy.

All of the aprons look different. Which one will be your favorite?

To see how your bladder works, the radiology technologist will place a small, soft, flexible tube where your pee comes out. This tube is called a catheter. It is about the same size as a spaghetti noodle.

Once the technologist is ready to begin, you will be asked to do this:

Girls: Make frog legs or butterfly legs by touching the bottoms of your feet together.

Boys: Lie down with your legs straight.

A Child Life specialist can show you what a catheter is like or help you play with a doll before the test.

Next, the technologist will clean the area where you go pee with a brown soap and then put on numbing jelly so that you won’t feel the catheter as much. Then, the catheter will be gently placed.

During this time, your job will be to lie still and take slow, deep breaths. Some kids choose to blow bubbles, play on the iPad, read a book or play with their parents/caregiver.

To help the catheter stay in place, the technologist will tape it to the top of your leg. This tape will come off when the catheter slides out at the end of the test.

What will you do to help your body relax?

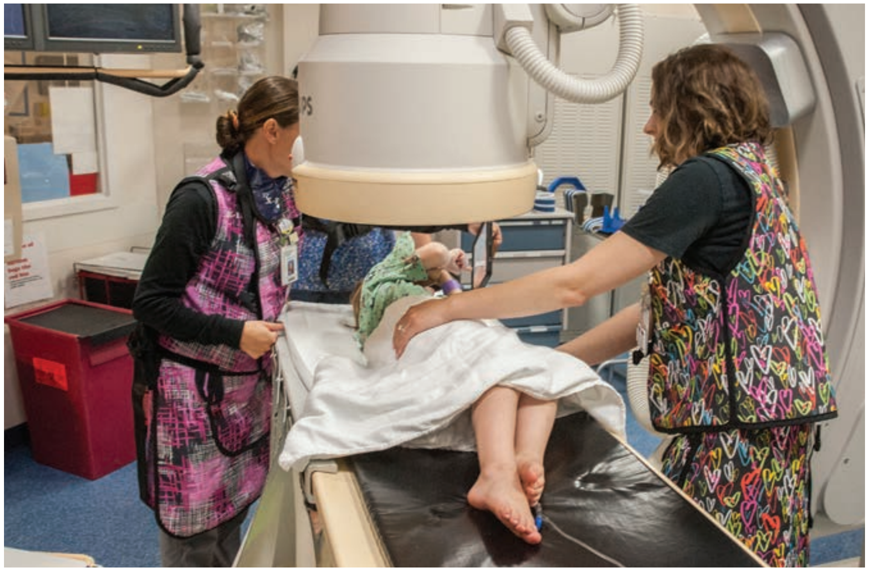
Once the catheter is inside your bladder, a clear liquid called contrast will flow through the tube and fill your bladder. The contrast is inside a bottle that hangs from a pole near your bed.

The contrast helps the X-ray camera take a good picture of your bladder and the inside of your body. It makes it easier for the doctor to see the pictures.

The contrast will slowly go through the tube, filling up your bladder until it is full.

You can see the X-ray pictures on the screen near your bed.

Some kids think their bladder looks like a balloon in the pictures. How big do you think your balloon will be?



The technologists will need to move you from side to side on the bed to make sure that they get good pictures of your bladder and kidneys.

When your bladder is full and the radiologist has all of the pictures they need, they will ask you to pee.

This table is made to pee on, and they have extra pads that help the pee stay on the bed. There is also a bedpan that you can use if you want.

Once you start peeing, the technologist will remove the tape and the catheter will come out.

After you have all the contrast out of your body, you are done! You can get dressed again.

A radiologist can talk to your parent or caregiver about your pictures.

Now that you know what to expect when you come for your VCUG, think about what you can do to stay relaxed, calm and still.

Fill out the VCUG visit plan on the next page to help prepare. Give it to the radiology technologist on the day of your appointment.

My VCUG Visit Plan

For your test day, think about what jobs you will have and what will help you relax. Make a plan for your visit.

On the day of my VCUG I will bring:

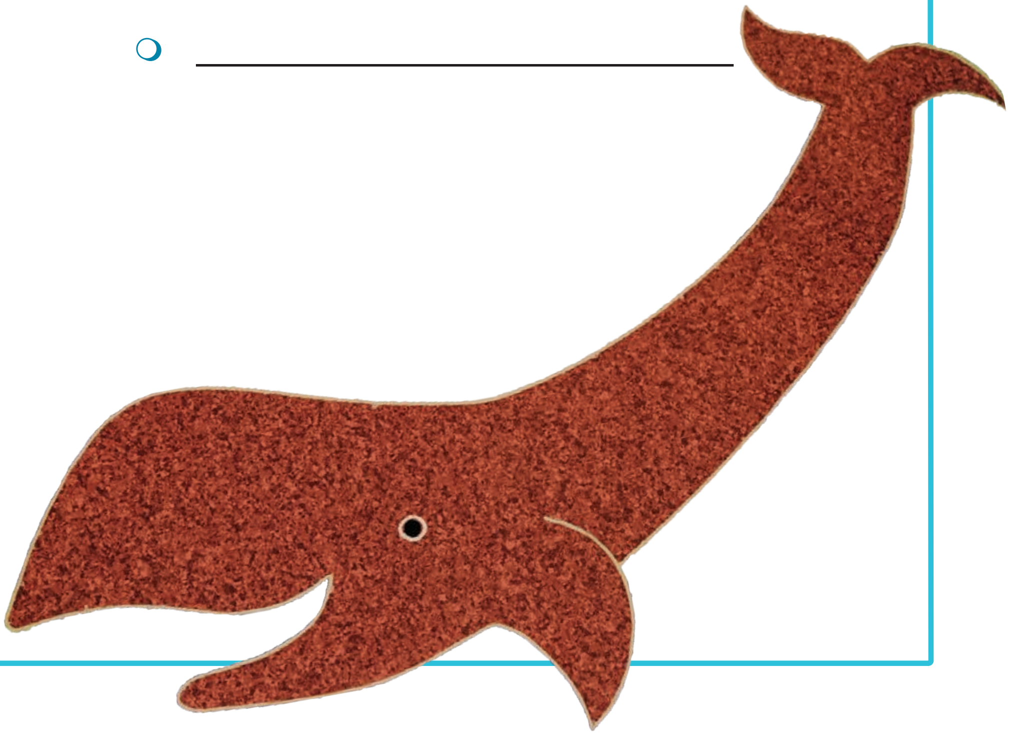
- ○ A favorite book
- ○ A favorite toy
- ○ A stuffed animal
- ○ A movie
- ○ ______________________________

Before my VCUG, it would help me to:

- ○ Practice with a doll
- ○ See and touch the tube
- ○ Have toys to distract me
- ○ ______________________________

During my test, it would help to:

- ○ Watch a movie or cartoon
- ○ Play a game on the iPad
- ○ Sing a song with my parent or caregiver
- ○ Hold my parent or caregiver’s hand
- ○ ______________________________



Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Learn more about what to expect during a visit to Seattle Children's on our website: seattlechildrens.org/photobooks

Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

4800 Sand Point Way NE
PO Box 5371
Seattle, WA 98145-5005

206-987-2000
1-866-987-2000
(Toll-free for business use only)
1-866-583-1527 (Family Interpreting Line)

www.seattlechildrens.org

1500 116th Ave. NE
Bellevue, WA 98004

425-454-4644
1-866-987-2000
(Toll-free for business use only)
1-866-583-1527 (Family Interpreting Line)

www.seattlechildrens.org

Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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