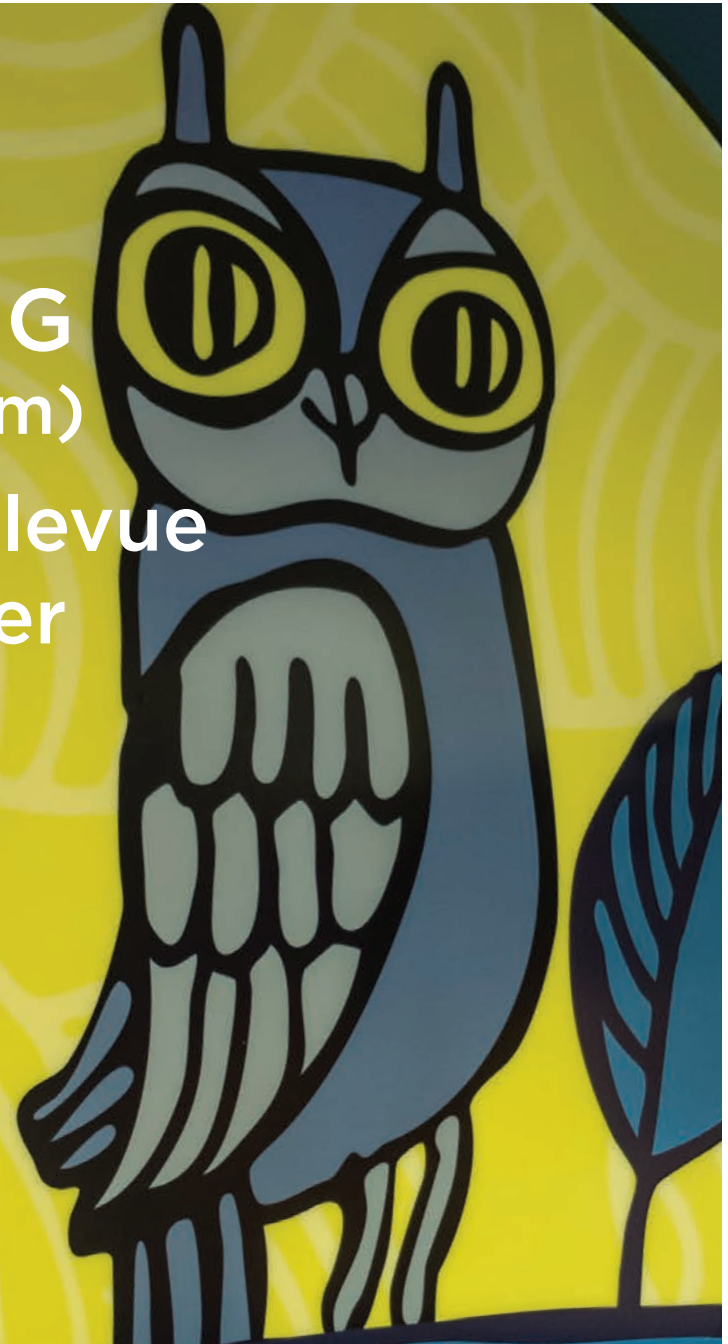




What to Expect

**When You Get a VCUG
(Voiding Cysto Urethrogram)**

**at Seattle Children's Bellevue
Clinic and Surgery Center**



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 Bellevue Clinic and Surgery Center.

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.

This book follows the process of coming to Children's for an outpatient VCUG. If your doctor has ordered sedation for the procedure, please read the section on sedation for a VCUG, on page 7.

What you can do

We encourage you to be present and supportive of your child during the procedure.

For more information about the test, see our handout, Voiding Cysto Urethrogram (VCUG).

If you have any questions or would like to schedule a consult with a Child Life specialist (which includes medical play, coping strategies or a tour), please contact:

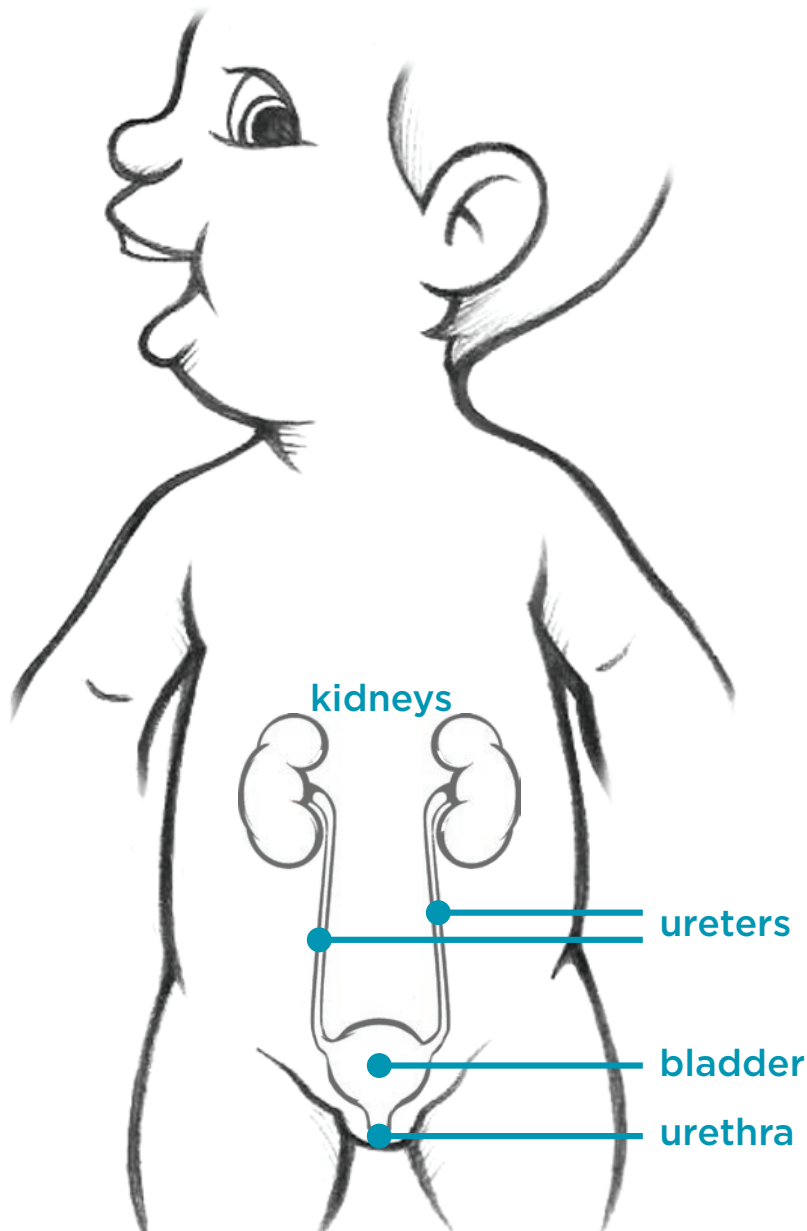
Bellevue Clinic Child Life Specialists
206-884-9234

You are coming to the Bellevue Clinic for a VCUG (Voiding Cysto Urethrogram). Many kids come here for a VCUG, too.

You might have some 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 Bellevue Clinic with your parent or caregiver, you will first need to check in for your procedure.

Once you check in, 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 waiting room and watch TV, color or play the Wii. You can also visit the playroom, where you can do crafts or play some new games while you wait.

Some kids need to be asleep for the VCUG. If you will be asleep for the VCUG, go to the next page.

If not, skip to page 10.

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

If you are getting medicine to help you fall asleep before your pictures, you will go to the induction room first.

In the induction room, you will meet a member of the anesthesia team, who will help you go to sleep.

First, they will ask questions, then listen to your heart and lungs with a stethoscope.





To give you medicine that will help you fall asleep, your anesthesiologist will put a mask on your nose and mouth. Some kids say this mask feels soft and squishy. Your parent or caregiver will ask the anesthesiologist if they can stay with you until you fall asleep.

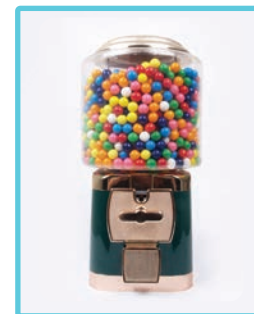
You get to pick a smell to put inside your mask. Which flavor will you choose?



Strawberry?



Orange?



Bubblegum?

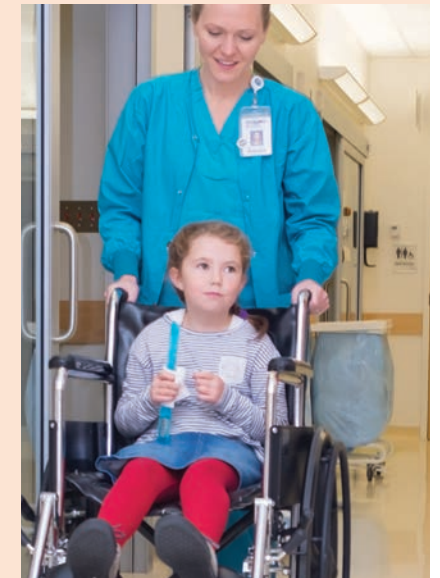


Root beer?

You will first wake up in the X-ray room as your VCUG pictures are being taken. Your parent or caregiver will be with you.

After the VCUG is completed, you will move to the recovery room with your parent or caregiver. You might feel sleepy, dizzy, or uncomfortable. You might feel just fine.

You will get to have a popsicle, get dressed, and go home.





If you will be awake for your VCUG, 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 procedure.

You can change back into your regular clothes when it is time 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 or caregiver.

To help the catheter stay in place, the technologist will tape it to your leg. The 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.

The contrast will slowly go through the tube, filling up your bladder until it is full. At this point, some kids say that they feel like they have to go to the bathroom. The contrast does not hurt.

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 technologist 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 ok 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.

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 during the procedure.

Fill out the VCUG visit plan on the next page to 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
- _____

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
- _____

Before my VCUG, it would help me to:

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



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 Bellevue Clinic and Surgery Center on our website:
www.seattlechildrens.org/photobooks



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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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