

What is a VCUG? A VCUG or a voiding cystourethrogram is a radiology test that exams the bladder, ureters and kidneys.

Is any preparation needed?

- No special medical preparation is needed.
- Eat and drink as usual.
- We strongly recommend explaining the test to children who are old enough to understand.
- Be sure you know what is going to happen. Ask the doctor who ordered this test to explain it to you. You can also call Maureen Howe (Monday-Friday 6am – 2:30pm) at 794-0000, beeper 43405.
- Let us know ahead of time if your child has any special needs that we should know about. You can call the Radiology Department at 794-3333 or page Maureen Howe, one of the Child Life Specialists.

How can I help my child prepare for this test?

Talk about the process with them ahead of time. Below is a “script” that may help you.

You may also want to practice “relaxing” their body which will help them while the catheter is being placed.

- Breathing slowly, in through the mouth, out through the nose
- Blow bubbles
- Singing
- If you have a favorite doll, blanket or stuffed animal you can bring it with you. You may also bring a book to read or some music to listen to while we take pictures. Your parents (as long as Mom isn't pregnant) can stay right with you through the whole test.
 - First we will have you change into the hospital pajamas.
 - As soon as you are all done with the test, you can change back into your own clothes to go home.
 - Next you will lie down on our table.
 - If you are a girl you we will have you bend your legs up like a frog's legs.
 - If you are a boy, you will keep your legs straight.
 - We will clean the area where you pee with some special brown soap. It may feel cold and wet.
 - We will gently slide a small tube called a catheter where you pee. This feels different for everyone.
 - Some people say it makes them feel like they need to pee.
 - Some people say it feels a little uncomfortable but only for a moment.
 - Most people tell us they can't feel the tube once it is taped in place.
 - Now we can start taking pictures. You will see that our camera is very big and will be close to you, but will not touch you.
 - It will get just a little bit dark while we take the pictures, but there is enough light so you can still see to read a book or play with a small toy or game. We have some toys for you to play with, but you can also bring a favorite book or toy with you.

- We will connect the catheter to a bottle of special water that will help us to see inside of your body very clearly.
 - You won't feel the water until you start to feel very full, like you need to pee.
 - Once you are feeling full, the doctor will ask you to roll onto each side as we take pictures.
- The next pictures we need are while you are peeing the water out of your body.
 - We will have special blankets underneath you that will catch all of the special water.
 - Sometimes we will give you a cup to pee into.
- It may seem strange to pee while you are lying down, but try to remember that it's not pee, it's special water.
 - While you pee out the special water, we will slide the tube out of you.
- Once all of the water is out, we will get rid of the wet blankets and take one last picture.
 - For this one there will be no tube or peeing.
 - You will lay on your back while we take a quick picture.
- Then you can get dressed in your own clothes and go home.

If you have any questions, you can reach Maureen Howe, Child Life Specialist, by calling 794-0000 and asking for beeper 43405 (Monday – Friday, 6am – 3pm).

How can I help my child during a VCUG?

STAY CALM!!! Children know when you are stressed. If you are calm they will have a better chance of being calm too!

Prepare them ahead of time. Talk to them about what is going to happen.

Bring things with you that might help to distract your child.

Ideas:

- Favorite stuffed animal
- Small, hand-held game
- Music to listen to
- Books to read to them
- Stories that you can tell them

Can I be with my child during the VCUG?

As long as they are not pregnant, two adults stay with your child throughout a VCUG. **No other children are allowed in the room.** So if you need to bring other children you need to bring another adult to stay with them in the waiting room. We do not have anyone who can watch your other children.

What should I know after my child has had a VCUG?

- Children can return to normal activities right away.
- It is not unusual to see a little pink in their urine for the first few times they urinate.
- Reinforce how well your child did during this test.

- Please do not instill negative thoughts for your child. Statements such as “the mean people are done now”, or “we won’t ever let those terrible people do that to you again” will only make future medical experiences more difficult.
- Reassure the positives. “What a great job you did! I am very proud of you!!”

When will I get results?

Results are usually sent to the doctor who ordered the test within 48 hours.