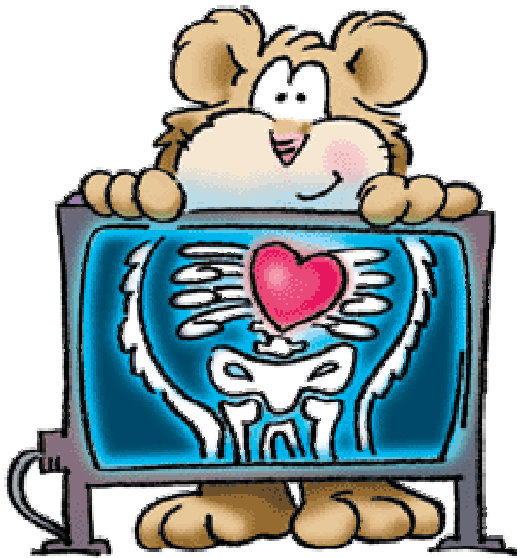


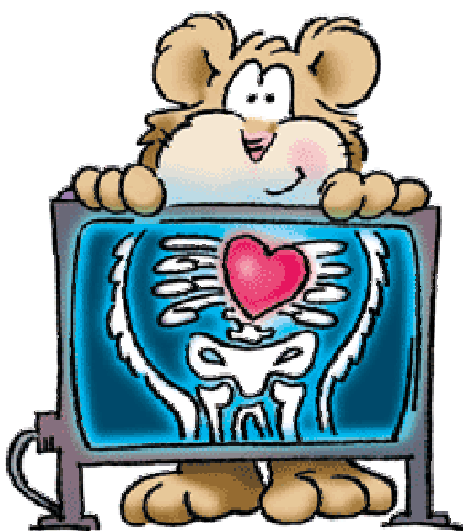


Children's Mercy
HOSPITALS & CLINICS

www.childrensmercy.org



My Child is Having a
VCUG



Welcome to Children's Mercy Hospitals and Clinics. Your child's doctor has requested a test called a **Voiding CystoUrethroGram**, or a VCUG. This test will examine your child's bladder, ureters and kidneys. This pamphlet will provide you with the information needed to prepare yourself, as well as your child. Your child trusts you most, so it is important to explain what to expect during this hospital visit.

This pamphlet is not to replace any information given to you by your child's pediatrician, radiologist or medical staff.

Why Does my Child Need a VCUG?

A VCUG allows a radiologist to view your child's bladder, ureters and kidneys. The body produces urine (fluid) from the kidneys. The urine follows through the ureters and into the bladder [Figure 1]. Some children have urinary reflux. Reflux occurs when the urine flows from the bladder and goes back into the ureters and/or kidneys. [Figure 2]. Reflux can cause urinary problems, which may include **Urinary Tract Infections (UTI's)**. *Not all children with UTI's have reflux.* A VCUG will show if urine is flowing in the correct direction. This information will help you and your doctor understand your child's urinary problems.

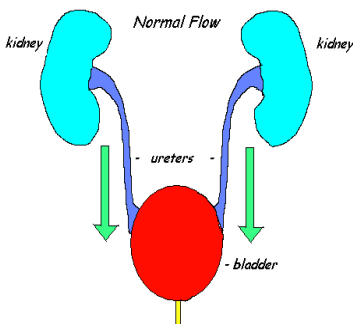


Figure 1

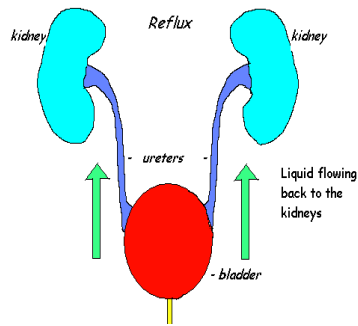


Figure 2

The VCUG Process

It is very important to be honest with your child. We have provided information to help you learn about a VCUG. The words in *Blue* can help you talk to your child about this test.

- Please report to the Radiology Department and sign in at the receptionist desk.

You and I are going to the hospital to have some special pictures of you taken. The doctor needs to take pictures of your bladder and your kidneys.

- You will be taken to a room [Figure 3] and your child will change into a hospital gown.

Once it's time for your pictures, we will go into an exam room. The room has lots of fun toys and books to look at. You will be asked to put on a hospital gown and take off your socks and underwear. You will lay down on the bed. There are warm blankets to keep you covered up.



Figure 3

- A radiology technologist will then place a topical numbing lotion on your child's vaginal area or penis.

After you lay down on the table you will be asked to:

****For girls:** make frog legs or butterfly wings (knees bent out with your bottoms of your feet touching).*

****For boys:** make your legs straight and resting on the table.*

Your job is to lay very still. The radiology technologist will use brown soap to clean you so there are no germs. Some lotion will be put on the area you go pee. The lotion feels cold and wet. While you are waiting, you can play or read a book.

- A nurse will then clean your child's genitals using cotton and betadine soap. Then a catheter (a tiny tube) will be placed into your child's bladder and taped in place.

A nurse will clean where you pee. The nurse uses brown soap to clean you. The soap feels cold and wet. The nurse will put a small tube in the hole where you pee. You will have a very important job to do. While you are laying still, your job is to blow bubbles or a pinwheel. When you take deep breaths your tummy muscles get soft and relaxed and the tiny tube slides in really easy. We can practice if you want to.

You can also look at books, sing songs or hold my hand. After the tube is in the nurse will put some tape on you to help keep the tube in place so that the doctor can take some pictures.

- The X-Ray camera will then be placed over your child [Figure 4]. The catheter will then be connected to a bottle of liquid called contrast. It will slowly begin to fill your child's bladder. Pictures will be taken of your child's bladder and kidneys.

The X-Ray camera will move over the top of you (but won't touch you) and take pictures of you. You may be asked to turn on each side to have you pictures taken. You will start to feel like you have to go pee. The doctor will want you to hold your pee in until your bladder is full.



Figure 4

- Once your child's bladder is full he or she will pee in a bedpan or urinal laying down on the X-Ray table. The catheter will come out when your child begins to urinate.

When it's time for you to pee, you will pee in a small pan (for girls) or a cup (for boys) while you are laying down. It may feel funny going pee while you are laying down, but this is how the doctor gets the best pictures of your kidneys and bladder. When you start to pee, the tape that is holding the small tube will be taken off. Your pee will push the tube out. You probably won't even feel that part.

- Your child can get dressed after his or her bladder has emptied.

As soon as you are done going pee you can get dressed and we will be able to leave. Did you know you will get a prize and a sticker before you go home?

Things to consider...

We welcome your presence to provide your child with support. Research has shown that parental presence during a hospital experience is important for coping.

It is important to provide your child with your undivided attention. Siblings and other children will not be allowed to be present during the procedure. Please make arrangements for child care needs of other children.

Pregnant mothers are not able to stay during the procedure. Please make arrangements for another familiar adult to stay with your child.

The amount of time to complete the test is different for each child. Please plan for the test to take at least 1 hour.

Children are welcome to bring a comfort item (doll, stuffed animal, pacifiers, blanket).

Your child will be able to eat/drink prior to the test (unless otherwise instructed by your child's physician). After the exam, it is a good idea to encourage your child to drink plenty of fluids (water, juice).

If your small child is having difficulty laying still, he/she may be placed on a small, wooden bed with Velcro straps.

Important telephone numbers:

To contact the Radiology Department, please call:

Children's Mercy (downtown location)	816-234-3270
Children's Mercy South (Overland Park)	913-696-8181

If you have further questions on how to prepare your child, please call the Child Life Department:

Children's Mercy (downtown location)	816-234-3000	ext 2606
Children's Mercy (Overland Park)	913-696-8000	ext 8161

This brochure was developed by:
**The Child Life Department and Radiology Department
Children's Mercy Hospitals and Clinics**