



# MIDDLEBORO PEDIATRICS

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## VCUG (Voiding Cystourethrogram)

### Information for Parents

A Delayed Cystogram or VCUG (Voiding Cystourethrogram) is an X-ray examination of the bladder and urethra. After a plain film (without X-ray contrast) is obtained, the child's genital area is cleansed and prepared with sterile materials. This does not hurt the child, but may feel cold because of the soap used. The child is then catheterized using a small tube that goes directly into the bladder. This may cause some mild discomfort in some children. The tube in the bladder is then connected to a bottle of X-ray contrast that is dripped by gravity until the bladder is filled. The bladder is observed intermittently under fluoroscopy to see if any reflux occurs (when contrast goes backward up one or both ureters toward the kidney).

After the bladder is filled, a series of films are obtained showing the configuration of the bladder and urethra upon voiding. A final x-ray is taken after the child has voided completely, to see how well the bladder empties.

### Information for Children

Your doctor has told you and your family that you need to have a special test called a VCUG (Voiding Cystourethrogram (Voy-ding Sis-toe-you-wreath-row-gram), Cystogram for short. A VCUG is a special picture of your bladder. Your bladder is the "bag" inside your body that holds the urine (pee) between the times you go to the bathroom.

### Getting Ready for the VCUG (Cystogram)

VCUG's (Cystograms) are taken in the Radiology Department with a big camera. You can bring your favorite stuffed animal or blanket with you on the day of the test.

You will change into a special shirt called a johnny. Your family can stay with you. You will lie down on a special bed. The nurse will wash between your legs with cotton and special soap. It might feel a little cold.

After everything is washed clean, the nurse will put a tiny tube called a catheter into your bladder through a small opening called a urethra. The urethra is the small opening in your body where urine (pee) comes out. Try to hold as still as possible. Once the tube is in your bladder, all the urine (pee) will come out the tube. This is ok. When your bladder is all empty, it is time for the VCUG (cystogram).

Now the technologist will fill your bladder with special water (contrast) that will make the picture of your bladder clear. Hold very still when the camera takes the picture. The technologist will move the big camera over you. It will be close but it will not touch you. When your bladder is full of the special water, it will feel like you have to go to the bathroom. Tell the technologist when you get that feeling. The doctor will tell you to go ahead and urinate (pee) right on the special bed. It is important for you to urinate (pee) now so the doctor can watch your bladder empty. There will be towels under you to catch the water and the catheter tube will come out, too.

Now your test is over and you can get dressed and go home.

### **Special Words**

X-Ray: A picture of the inside of your body which does not hurt

VCUG (Cystogram): A special picture of your bladder

Bladder: The "bag" inside your body that holds the urine (pee) in between the times you go to the bathroom

Catheter: A tiny rubber tube the nurse puts into your urethra to empty all the urine (pee) out

Urethra: The small opening in your body where urine (pee) comes out when you go to the bathroom

Contrast: The special water used to make the picture clear

Johnny: The shirt you wear during the VCUG (Cystogram)

Radiology Department: The place where VCUG's (Cystograms) are done