

## What is a VCUG?

During a voiding cystourethrogram (VCUG) X-ray pictures will be taken of your child's urinary tract (the part of the body shown on the right). The X-rays allow the doctor to see the working of your child's bladder (the part of the body that holds pee) and ureters (the tubes that connect the kidneys to the bladder).

## What happens during a VCUG?

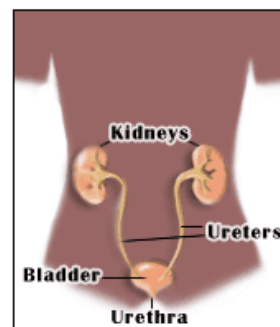
To get your child ready for the X-rays, an X-ray technologist will clean your child's genitals (private parts) with cotton balls and a betadine solution (brown soap that will feel cold).

A catheter (a skinny, flexible tube) will be put into your child's urethra (the opening where pee comes out). Contrast (a clear liquid) will be used to fill the bladder through the catheter. Clean towels will be placed under your child.

When your child's bladder feels full, he or she will be asked to urinate (go pee) while lying on the table. Clean towels will be put under your child and between your child's legs. As your child urinates, the radiologist/doctor will take X-ray pictures of your child's urinary tract. You and your child will see the pictures on a television screen.

Please note: Women who are pregnant and anyone younger than 18 will not be allowed in the exam room while the pictures are taken.

## Urinary Tract



## What can I say to prepare my child?

Talk about the good things the test will do for your child. Say things like, "The pictures will help the doctor take care of your body."

Encourage your child before the test by saying, "You're going to do great today and I'm proud of you" and "I know you're going to do an excellent job helping the radiologist take good X-ray pictures."

Focus on the end of the test. Plan to do one of your child's favorite things when the test is over.

It doesn't have to cost any money—even going to the playground behind the hospital can be something fun to look forward to.

Use simple words your child knows instead of medical words the doctor uses. Explain what the new words mean if your child asks. For example:

New Word	Simple Word
urine or urinate	pee
Betadine solution	cold brown soap
catheter	skinny tube
genitals	private parts

Remind your child that the doctor and nurses need help and give your child jobs like:

- Lying still for the X-ray pictures
- For girls, making butterfly legs (knees bent outwards with bottoms of feet touching each other)
- Blowing a pinwheel or party blower to help relax during the catheter placement
- Holding and waiting until told to urinate—even when the bladder feels full
- Urinating into the towels when asked to do so

Keep your child's mind on other things during the exam—sing together, read a book, look at an "I Spy" book, or play a handheld electronic game.

### Will my child be in pain after the test?

Some children have a very warm or tingly feeling the first few times they go to the bathroom after their VCUG. This is normal and OK. The feeling will go away very soon.

Adapted from Preparing Your Child for a VCUG, developed by the Child Life Department of Children's Medical Center Dallas 0906

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