



P.O. Box 5010
800 Commissioners Road East
London, Ontario N6A 5W9
Telephone: 519-685-8500



Patient & Family Information

VCUG Preparation (Voiding Cystourethrogram)

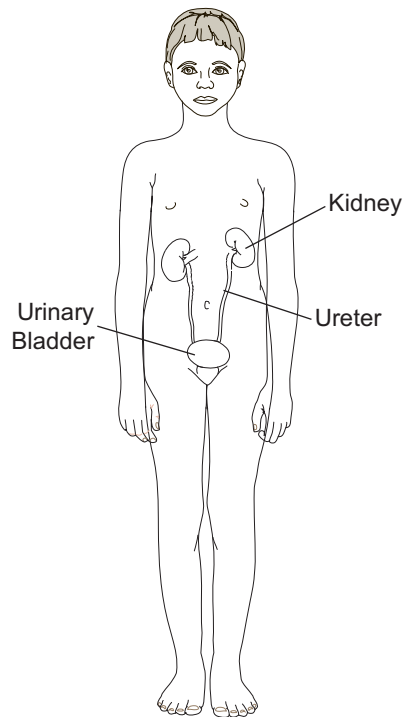


INTRODUCTION

Welcome to Children's Hospital. Your doctor has decided you need to have a Voiding Cystourethrogram (VCUG for short). This test is done in the Radiology Department of the hospital. Special pictures called X-Rays will be taken to help your doctor know how your Bladder is working. It also tells the doctor about the tubes that connect your bladder to your Kidneys. These tubes are called Ureters.

URINE, KIDNEY, BLADDER FUNCTION

Please refer to the glossary at the end of this booklet for an explanation of what the kidneys, bladder, ureters, and urethra are used for in your body. You can see where these parts are located inside your body by looking at this picture.



GLOSSARY

Radiology Department: The place in the hospital where X-rays are taken and where your VCUG test will be done.

X-ray: A picture of the inside of your body.

Technician: A person who goes to school to learn how to take X-rays.

Bladder: The place in your body that holds your pee in between the time you go to the bathroom.

Kidneys: You have 2 kidneys. Kidneys clean your body by taking out the stuff your body doesn't need and turning it into pee.

Ureters: The tubes that connect your kidneys to your bladder.

Urethra: The opening in your body where pee comes out when you go to the bathroom.

Catheter: A small, thin, soft tube that is about the size of a spaghetti noodle. The contrast material goes into the catheter and then into your bladder.

Contrast Material: Some people call this "dye" because it makes another colour. It is the clear liquid that looks like water. When it is inside your body it helps the X-ray pictures turn out clearer so the doctors can see the pictures better.

When you are finished peeing, the technician will wash the area where you pee with a warm wash cloth. You will then go to the change room with your parent/caregiver and put your clothes back on.

And then you get to go home!



SOME THINGS THAT HELP CHILDREN DURING THEIR TESTS:

- Blowing bubbles or a pinwheel
- Reading books with stories or distractions to find (e.g. “I Spy”)
- Hand held games (e.g., hand-held electronic games)
- Music to listen to, but remember that you must still be able to hear the technicians talking to you (e.g. MP3 players, and CDs)
- View Master slides to hold onto and watch
- Singing
- A comfort item of your own (e.g. Blanket, Stuffed Animal, etc.)
- You may have your own ideas of what will help you during your test!

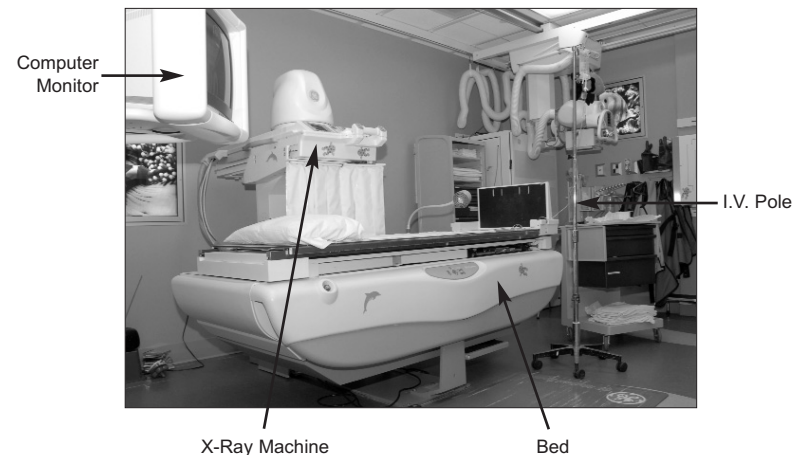
STEPS WHEN THE TEST IS ABOUT TO START:

You will change your clothes in a change room. There will be a hospital gown to put on while your test is being done.



Before the test, you need to go pee to empty your bladder.

You will go into the room with your parent/caregiver where your pictures will be taken. Your parent/caregiver can stay in the room with you.



You will get onto the bed and lie on your back.

There is a special position for girls. Girls need to make the “frog leg” position where their feet touch each other and their knees are spread wide apart like a frog. Boys need to make their legs straight like an arrow. Please let us know how you are feeling so that we can help you feel better.



Position for boys.



Position for girls.

The technician will want to clean the area where you pee. They do this by using cotton swabs with cleaning soap on them. Some children say that this cleaning soap gives a tingling feeling. It is important not to touch below your belly button to make sure this area stays clean.



A blanket that is made of paper may cover your body.

A small tube called a Catheter will be inserted into the place where you pee from.

The nurse will help the tube go in easier by placing a slippery gel on the end of the tube.

Remember that being still and relaxed will help the small tube to slide in more smoothly.



The tube is connected to long tubing that will have a clear liquid in it called “cysto conray dye” or “contrast material”. This special liquid will help the doctor see a picture of your bladder more clearly on the computer monitor.

When the pictures are being taken, you will feel like you need to go pee.

When the technician says to go pee, you will pee onto towels which are on your bed. It may be easier for boys to turn onto their side and girls just to lie flat. As you pee the small tube will come out and this does not hurt. The technician may help you get into the best position for you.

The test takes about 30 minutes in total.