

# Voiding cystourethrogram (VCUG)

## VCUG is an exam of the bladder and urethra

### Urinary system

The kidneys remove waste products from the blood. The waste products pass as urine.

Urine flows out of the kidneys through the ureters and into the bladder. The urine is stored in the bladder. Cysto is another name for the bladder.

The urethra is the tube that connects the bladder to the outside of the body. Urine passes through the urethra. We call this passing urine, urinating, or voiding.

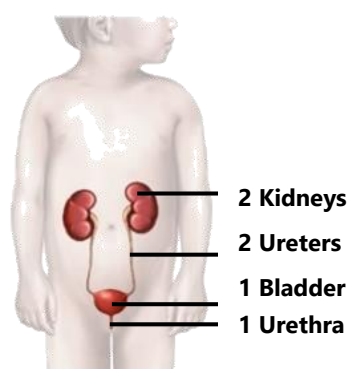


Diagram of the Urinary System

Valves are little flaps of tissue at the bottom end of each ureter. They open to let urine into the bladder and then close. This keeps the urine in the bladder. If the valve stays open, urine can flow back up into the ureters and go into the kidney. We call this reflux.

### VCUG

The VCUG shows:

- Urine in the bladder and ureter.
- Problems with the bladder emptying.
- Urine reflux into the ureters and kidneys.

The VCUG takes about 45 minutes.

### How we do the VCUG

Please go to Patient Registration at your child's scheduled **arrival** time.

A member of our team will meet with you. We will ask about your child's medical history and about medicines and allergies. We will tell you about the VCUG and answer your questions. Your child will put on a hospital gown and lie on a firm bed in a dimly lit room.

We gently place a small, soft tube called a catheter into the urethra (the opening where the urine comes out). We then guide the catheter up into the bladder. It only takes a few minutes to place the catheter. Your child may feel a little uncomfortable.

### Liquid contrast

Liquid contrast is a clear liquid that shows up on X-ray pictures. We slowly drip the contrast

into the catheter. It then flows into the bladder. We take X-ray pictures as the contrast fills the bladder.

Your child will feel the need to urinate (pass urine) as their bladder fills. We take an X-ray when their bladder is full. We remove the catheter after the X-ray. We will then ask your child to urinate in a cup or on a towel while on the X-ray table. This may seem awkward at first, but it is very important to take X-ray pictures as your child's bladder empties.

### Child life specialist

A child life specialist may be available to



explain the procedure to your child. They use special words, toys and games developed for each age group.

#### Child life specialist explaining the procedure

This helps children have a better understanding of what is happening during the VCUG.

Please let us know if your family would like to visit with a child life specialist before the exam. You can call Child Life with your questions or concerns at 682-885-2677.

### Special instructions

Your child can eat and drink before the procedure unless an ultrasound is ordered.

Please call us as soon as possible if you are unable to keep your child's appointment.

Call us if your child has a fever higher than 100.4°F (degrees Fahrenheit) 12 hours before your appointment. We will need to reschedule the appointment.

A caregiver may stay in the room during the procedure. Pregnant caregivers cannot be in the exam room during the procedure.

Please do not bring other children. Your child needs all of your attention during the procedure.



For female patients 10 years and older, we need to complete a pregnancy questionnaire and may do a pregnancy test.

### After the VCUG

Your child can eat and drink as usual and return to normal activities.

A radiologist will read the exam and send a report to your child's doctor. Your child's doctor will review the results and share these results with you.

### Radiology

For contacts and locations visit:

[www.cookchildrens.org/services/radiology/contact-us/](http://www.cookchildrens.org/services/radiology/contact-us/) or



These instructions are only general guidelines. Your health care provider may give you special instructions. If you have questions or concerns, please call your health care provider