

**Radiology Imaging Services**

801 7<sup>th</sup> Ave  
Fort Worth, Texas 76104  
**682-885-4076**

**What is a VCUG?**

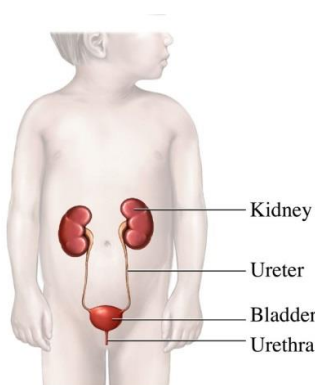
VCUG is an exam of the bladder and urethra.

- Shows urine in the bladder and ureter.
- Shows problems with bladder emptying,
- Shows urine reflux into ureters and kidneys.

<b>Voiding</b>	To urinate or pass urine.
<b>Cysto</b>	Refers to the bladder where urine is stored.
<b>Urethra</b>	Tube going from bladder to outside of body.
<b>Reflux</b>	Backing up of urine.
<b>Catheter</b>	Small soft tube that goes into the bladder.

**The urinary system is made up of:**

2 kidneys                      2 ureters  
1 bladder                      1 urethra



1. Kidneys remove waste products from blood.
2. Waste passes as urine.
3. Urine flows out through the ureters into the bladder where it's stored.
4. Urine passes from bladder through the urethra to the outside.

**Reflux of urine**

Valves are at the ends of each ureter.

- They open to let urine into bladder.
- They close to stop urine from flowing back into the kidneys.

If valves stay open, urine can flow back into the ureters and/or kidneys. **This is called reflux.**

**How we do the VCUG**

A member of our Radiology team will meet with you. We will ask about your child's medical history, tell you about the procedure and answer your questions.

1. Your child will:
  - Put on a hospital gown.
  - Lie on a firm bed in a dimly lit room.
2. We place a catheter into the bladder.
  - This may cause slight discomfort.
  - It only takes only a short time to place.
3. Liquid – contrast seen on x-ray pictures
  - A bottle of liquid called contrast medicine (it looks like water) slowly drips into the bladder through the catheter.
  - We take x-ray pictures as the contrast fills the bladder.
4. Bladder fills
  - When your child feels the need to urinate this means the bladder is becoming full.
  - We take an x-ray when the bladder is full.
  - After the x-ray we remove the catheter.
5. Bladder empties
  - We will ask your child to urinate in a cup or towel while on the x-ray table.
  - This may seem awkward at first but it's very important to take x-ray pictures as your child's bladder empties.

**Will my child be sedated?**

**No.** There is only a little discomfort when we place the catheter. The technologist or Child Life Specialist will use helpful techniques to help your child relax during the exam.

## Helping your child understand

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. This helps children better understand what happens during the exam.

Child Life also helps children relax and cope by using comforting stories and calming exercises.



Please let us know if you or your family would like to visit with a Child Life Specialist before the exam. You can call the Child Life Department if you have any questions or concerns at: 682-885-2677.

## Special instructions

1. Please report to Patient Registration at your child's scheduled **arrival** time.
2. Your child can usually eat and drink before the procedure unless an Ultrasound is ordered.
3. The VCUG takes about 45 minutes.
4. If your child has a fever 12 hours before the appointment, we will need to reschedule the appointment. Call your doctor for treatment.
5. Parents may stay in the room during the procedure.
6. Expectant mothers may not be in the exam room during the procedure.
7. Please do not bring other children. Your child will need all of your attention during the procedure.
8. We will ask you about your child's medicines and allergies.
9. If your daughter is 10 years or older, we will need to complete a pregnancy questionnaire and possibly do a pregnancy test.

**If you are unable to keep your child's appointment please call us as soon as possible.**

## After the VCUG

Your child may:

- eat and drink as usual.
- 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. Their office will share these results with you.**

## My notes

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