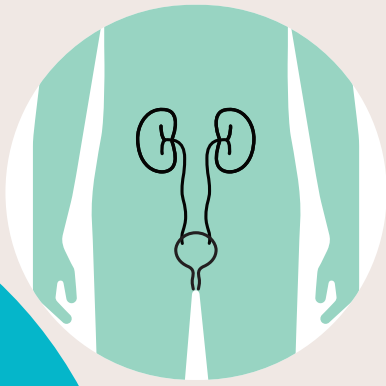


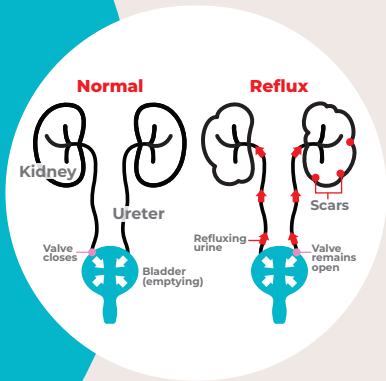
a VCUG guide for kids





What is a Voiding Cystourethrogram (VCUG)?

- A test that takes pictures of the inside of your body.
- It helps doctors see the inside of your body to understand how it holds pee before it leaves your body.
- A VCUG will show your doctor if you have “kidney reflux,” which can make you sick.



What is kidney reflux?

- Kidneys are the bean-shaped parts of your body that make pee.
- The bladder is the part of the body that holds pee until you go to the bathroom.
- In most people, pee goes down from the kidneys to the bladder and stays there until you pee it out.
- Sometimes, pee can go back up from the bladder to the kidneys. This is called “kidney reflux.”



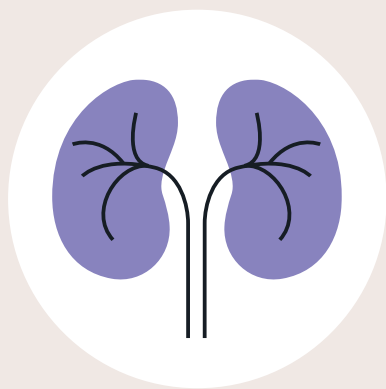
Who will I meet for my VCUG?

- Radiology technologist – the person who will do the VCUG.
- Child Life specialist – the person who explains the VCUG and tries to make it easier.
- Radiologist – the doctor who takes the pictures.



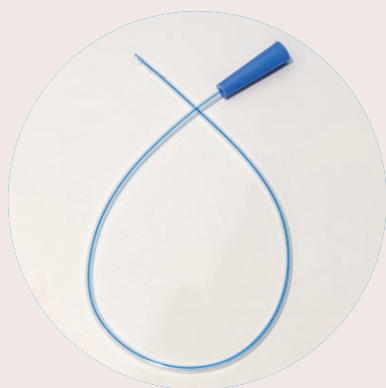
What does the doctor use to take the pictures?

- The doctor uses a hospital camera that will make a big tunnel around you, but it will not touch you or hurt you.
- For the camera to work, you will need a type of picture water called “contrast.”



Why do I need contrast?

- The contrast will highlight the parts of your body that make pee in the pictures.



How does my body get the contrast?

- The doctor will use a tube, called a “catheter,” to fill your body with the contrast.
- This tube is soft and bendy and goes in your body where your pee comes out.



Step 1 – How do I get ready?

- You will take off all your clothes (underwear, too) and change into a hospital gown. This keeps your clothes clean and dry.



Step 2 – How do I need to lie down?

- You will lie down on the camera table.
- Girls will open their legs into butterfly wings.
- Boys will keep their legs straight.



Step 3 – How do they put the tube in?

- The radiology technologist will clean where your pee comes out with brown soap to get rid of any germs.
- They will use a medicine gel to help your skin fall asleep or be numb.
- The soap and the gel will feel cold and wet on your skin.
- You will feel the technologist touching and gently placing the tube in the place where your pee comes out.
- Taking slow, deep breaths during this time can help your muscles to relax and help the tube slide into place easier.



Step 4 – How does the tube stay in place?

- The radiology technologist will use tape to keep the tube in place until it is time to pee.



Step 5 – What happens when my body gets the contrast?

- The doctor will use the tube to fill your body with the contrast. It will make you feel like you need to pee.
- It is important you hold your pee as long as you can.



Step 6 – What happens during the pictures?

- The doctor will tell you to roll side to side so they can take pictures in different ways.



Step 7 – What happens when the doctor tells me to pee?

- You will pee while lying on the camera table.
- The doctor will take pictures while you are peeing to understand how your body is getting the pee out.
- The tube will slide out when your pee comes out.



Step 8 – What happens when the pictures are done?

- You will use towels and a washcloth to clean up.
- You will get dressed and be able to go home.

What else should I know?

- This test is happening to let doctors learn more about your body – not because you are in trouble or did something wrong.



- A VCUG takes pictures of a part of your body that is usually private and not seen by other people. Always talk with your parent/caregivers before letting other people see or touch private parts of your body.

How can I practice before the pictures?



- It can be hard to pee when you are lying down.
- You can practice peeing at home while lying down in the bathtub.
- You can take some deep breaths and tell your body it's OK to pee while lying down.
- You will need to wash off after.

What else should I do before the pictures?



- Talking to an adult about your plan for the pictures can make it easier. You can ask them questions about what might happen, who will stay with you during your pictures and what you can bring with you (blanket/stuffed animal).
- Think about what you would like to do during the pictures. Some kids like to hold an adult's hand or play a game instead of paying attention to what is happening.

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