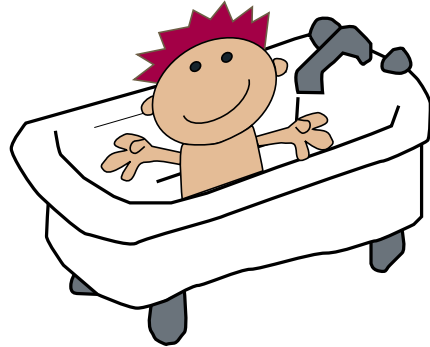


Before you come to have your X-ray pictures, you may want to practice some things at home that can help make this easier:

- 1) Practice breathing like you will need to when the catheter is placed into your bladder: Lie down on your back with your knees bent, take a deep breath, and let it out long and slow. Or, for girls, lying with heels together, knees out, like a frog. This helps you to relax the muscles that need to let the catheter go into your bladder.



- 2) You may also want to practice letting out the special water: before you put water into your bathtub, and when you are undressed, try lying down in the tub, and let yourself pee (if you do it there, it is easy to just rinse the tub and go on with your bath). Lying down is the position you will be in for the X-ray. Practicing ahead may make it easier to empty your bladder when you are asked to during your X-ray.



## Ultrasound

Many patients have an ultrasound scheduled prior to the VCUG. This is done in the ultrasound area. This test is done with a machine that can also see inside you, but does not need any catheters to be used. The “camera” is small, held in the hand of the person doing the ultrasound. Some special clear “jelly” will be put on your belly, so the ultrasound camera can slide around and see your kidneys and bladder more clearly. It might tickle a bit.



### Information For Parents on Sedation

Occasionally young children (over two years) may need some medicine to relax them during the procedure. You and your child’s doctor will decide whether your child will need this ahead of time, since special arrangements need to be made. If needed, an oral medication is given in the X-ray department. This will usually relax the child and may make him/her slightly sleepy (but not asleep) during the procedure. Special monitoring and personnel are needed if the child requires this. This is not routinely done, but by individual arrangements.



**Parents:** We encourage you to ask questions and advocate for your child’s needs. You know your child best. Once you have a clear understanding of what to expect, we think you will be better able to handle anxieties you may have, so you can focus on your child.

If you have any questions, please call the Radiology Nurses’ Phone: 585-275-4970. Leave a message including numbers where you can be reached, day and evening. Your child will need your reassurance and support. Consider how far in advance to tell your child what to anticipate; this will vary with the age and experience of the child. Please make arrangements for care for any other children, so this child can have your full support during the study.

This booklet is a collaborative effort of the Departments of Imaging Sciences, Pediatric Urology and Child Life at Golisano Children’s Hospital. We hope it provides you with information to share with your child, or to modify as you wish, with words and terms you feel your child can best understand.



2007 Department of Imaging Sciences

# INFORMATION FOR CHILDREN HAVING VOIDING CYSTOURETHROGRAMS (VCUG)

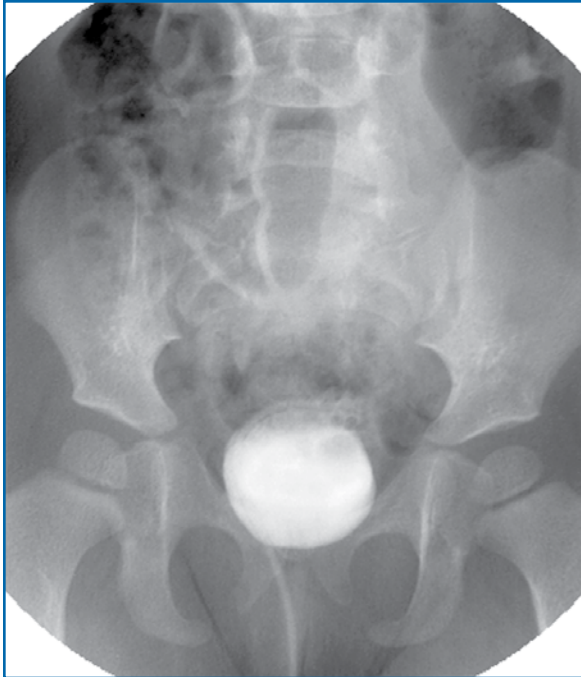
## Department of Imaging Sciences

## Golisano Children’s Hospital at Strong Memorial Hospital

601 Elmwood Avenue  
Rochester, NY 14642-8648

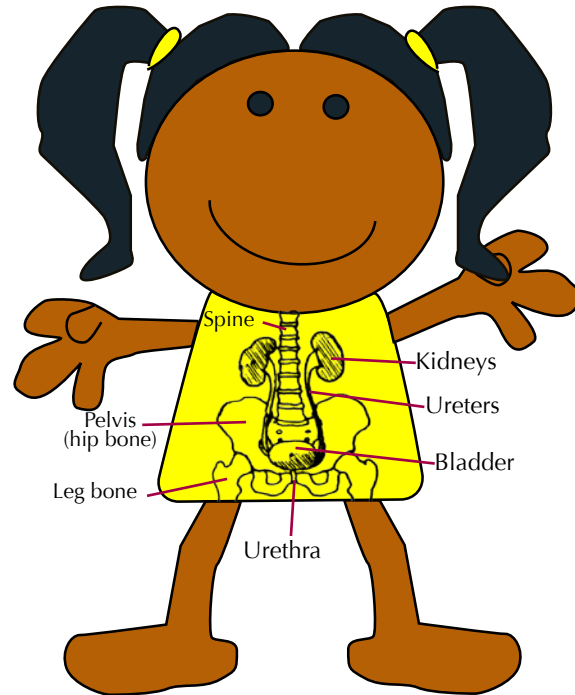
## What is a VCUg (voiding cystourethrogram)?

Your Doctor would like some pictures of your Urinary System. This little booklet is meant to help you understand what you will see and feel during your pictures. Usually, your mom, dad, or the grown-up who comes to be with you can stay with you through your visit. It is also okay to bring with you a "special" blanket or small toy from home to hold during your pictures. The people who work in X-ray (the place where the pictures are taken) can explain what will happen and answer your questions.



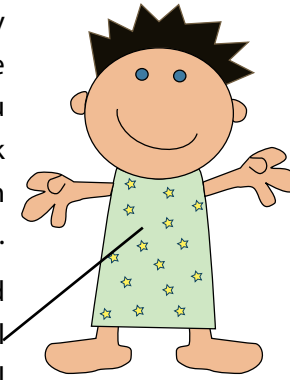
## Urinary System

Your Urinary System is the place inside your body that makes urine (pee). It includes your kidneys, ureters, bladder and urethra. Your kidneys have the job of keeping your blood clean. While they are doing this, they fill up your bladder with urine. The urine travels from your kidneys to your bladder through tubes called ureters. Each time you go to the bathroom, you empty the urine out of your bladder through your urethra. Then your bladder fills back up until you empty it again, because your kidneys are always making urine.



## What to Expect

When you come to Radiology, you will be asked to change into a "hospital gown" so that your own clothes will stay clean and dry while the pictures are done; you can change right back into your clothes when your test is finished.



Once you've changed into the "hospital gown" you will be asked to lie down on a special table so that an x-ray camera can take pictures of your belly. You may use a pillow if you like.

An X-ray camera is a special camera that can see the inside of you without touching you. To make the camera work, the room is made a little dark and a camera that looks like a tent will move over your belly. It may seem like your whole body is in a tent, but the camera will not touch you. The doctor taking the pictures will be able to see the pictures on a TV screen.

Once you lie down on the table, the doctor will carefully wash your private area with some warm soap so that it is nice and clean. The doctor will then put a small, soft tube called a "catheter" through your urethra, into your bladder. You can help let the catheter slide in easier by lying still, taking a deep breath then, letting it out slowly; like blowing bubbles.

Once the catheter is in, some special water called "contrast" will fill up your bladder. This will make you feel like you need to pee. Remember, it is the special water coming out not urine. When your bladder is full enough, the X-ray Doctor will ask you to pee while you are lying on the table and some pictures of your belly will be taken with the special X-ray camera. Some times when people need to do this they feel embarrassed or silly. Remember, this is the most important part of taking the pictures, and you can do it!

As soon as your bladder is empty a few more pictures will be taken, then you will be done! You can feel proud! Getting the pictures done helps your doctor keep you well.

