



HOSPITALS • RESEARCH • FOUNDATION



VOIDING CYSTOURETHROGRAM (VCUG)

What is a Voiding Cystourethrogram (VCUG)?

A VCUG is an x-ray exam that takes pictures of your child's abdomen, bladder and urethra (the tube that carries urine from the bladder to the outside of the body). This exam is done under fluoroscopy (takes live, real time moving images). Your child can eat before the test.

Who performs the exam?

A radiologic technologist is licensed and trained to perform this procedure, and a radiologist or radiology assistant will take the pictures and check the films to make sure they are of good quality.

What to expect:

- Radiology staff will bring your child and you into the x-ray area.
- Your child will be asked to change into a hospital gown (to help keep their clothes clean) and be helped onto the x-ray table.
- The technologist will take a picture of your child's abdomen.
- Your child will have to be catheterized. This means a thin, soft plastic tube called a catheter is inserted through the urethra into the bladder.
- While lying on the table the technologist will ask your child to bend their knees and put the bottom of their feet together.
- The technologist will clean your child's private area with special germ killing soap that is brown in color.
- The small tube (mentioned above) will be inserted through their urethra into the bladder which may cause a feeling of pressure or need to urinate (pass water).
- Your child will experience less discomfort by breathing deeply and relaxing.
- Your child will probably not feel the tube once it is in the bladder or as it is being taken out.
- A special liquid called contrast drips through the tube into the bladder. This liquid shows up as white or black on x-rays.
- When the bladder is full, the radiologist/radiology assistant will ask your child to roll to one side and then the other while taking pictures.
- The radiologist/radiology assistant will ask your child to either urinate into a bottle, pan, or onto some pads while lying on the table. This allows the radiologist to view their urethra.
- The catheter may come out while your child is urinating. If it does not, it will be gently removed by the technologist. Your child will not feel it either way.
- After the bladder is emptied the radiologist/radiology assistant may take 1 to 3 more pictures of your child's abdomen.
- The test usually takes about 45 minutes, but could take longer due to special needs.

How do I get the results?

- A pediatric radiologist, a doctor specially trained in reading children's x-rays, will review the pictures and will provide your doctor with the results.
- Results can also be viewed within 72 hours on MyChart. Please see someone at front desk about signing up for MyChart.

Are there any risks?

- At Arkansas Children's we take many steps in order to lower the radiation dose to your child.
- Radiation in general is a risk. However, the amount of radiation used is the smallest amount possible to get the best pictures.
- If your child has any heart problems or murmurs, or urinary tract infections please tell us before the exam. Your child may need special medicine (antibiotics) before the VCUG can be completed.
- **If your child has ever had a reaction to dye, please tell us before the exam.**

NOTE: A parent/guardian will be allowed to accompany the child into the exam room; other arrangements should be made for siblings and other children. Women who are pregnant, or may be pregnant, will be asked to leave the exam room during the procedure. Please make sure that there is someone else available to accompany the child during the exam, if needed.

Because the radiation from this test could possibly harm an unborn child, female patients age 10 and above will be required to take a pregnancy test before the exam can be performed.

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What happens after the exam?

- The technologist will give you any special instructions and let you know when your child can
- After the exam, your child may eat as usual; unless your child's doctor tells you not to give them anything or he/she is scheduled for another exam in which they should not eat.

PREPARING MY CHILD

Infants

Although you cannot explain the test to your baby, you can help him/her feel more secure during the test if you:

- Bring a special blanket, toy or pacifier.
- Comfort them with your presence and calm voice.
- Bring along a bottle of juice, formula or breast milk to feed him/her after the test is done.

Toddlers and preschool-age children

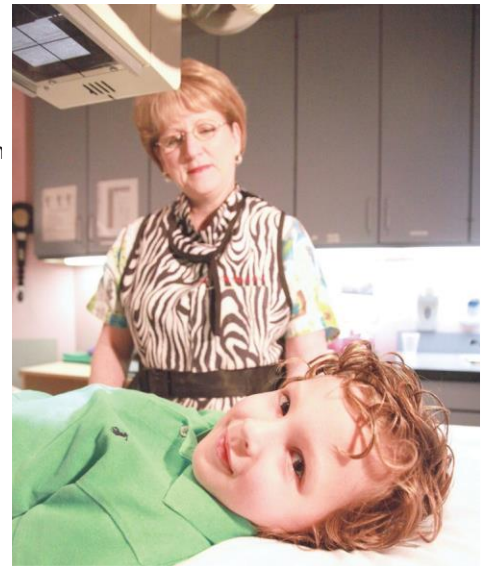
Young children can become anxious about having a test done, so the best time to talk with your child is right before the test.

- On the day of the test, tell your child that he/she will be having some "pictures" taken so the doctor can help them feel better.
- Use simple words and be honest.
- When you come to the hospital, bring a favorite book, toy or blanket.
- You may bring a snack for after the test.

School-age children

School-age children have good imaginations and may scare themselves by imagining something much worse than the actual test.

- One or two days before the test, tell your child that he/she is going to the hospital to have some "pictures" taken of their body so the doctor can help them feel better.
- Use simple words. Be honest. Explain exactly what will happen.
- When you come to the hospital, bring along a favorite book, toy or handheld game.
- You may bring a snack for after the test if they don't have any other tests after this one that requires them not to eat.



Photographs/Videos

The privacy of our patients and staff is important to us. No photographs or videos are allowed. Please turn off your cell phone before entering the x-ray exam room. Thank you for respecting the privacy of others

PATIENT NAME: _____

APPOINTMENT DATE: _____ TIME: _____

PATIENT PREPARATION/SPECIAL INSTRUCTIONS: _____

Radiology Department at Arkansas Children's Hospital
(501) 364-4912 • Monday - Friday, 7:30 a.m. - 8 p.m.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away. This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child.