

Child and Family Information Material

## Voiding Cystourethrogram (VCUG) Original

Many children would like to know why exactly they are having this test. There can be many reasons why Dr. Baskin or Angie Hinds, our nurse practitioner, thinks that this is an important test for you to have. Your specific situation will be discussed with you and your parents. This is a special test done by the urology team to see how your bladder is working. It also tells us about the tubes between your kidneys and your bladder called ureters. Some of this information can be a bit confusing, so it may be helpful to read this handout with your parents a few times. Gather a piece of paper and write down any questions you have and we can go over them together on the phone or when you come to see us.

We thought you might like to know what really happens when you have a VCUG. We think the best way to explain this is to go through it step by step:

- Your parents will be encouraged to stay with you during the test, unless your mother is pregnant. Also, a special friend like a teddy bear, doll or blanket is very welcome to come with you. Some boys and girls like to wear their own shirt during the test, others like to put on one of the gowns we have here. We will need you to take your pants or skirt off (so they don't get wet). When you are ready and it's your turn, someone will show you into a room with a few big machines (which are really just cameras), near a long table. The cameras are connected to a television screen in the room. There will be a tall pole with a bottle of clear liquid called "contrast material" near the table. This liquid enables us to see your bladder when we take the pictures. It works sort of like invisible ink.
- You will be asked to climb up onto the table (someone will help you if necessary), and you will lie down on the table. We have a video machine here so you can watch a movie while you have the test. We have a limited selection of videos, so if you have a favorite video from home, please bring it along. We also have game-boy, if the doctors and nurses aren't using it.

- The doctor or nurse will ask you to pull your feet up close to your body while sticking your knees out to the side like a "frog"! Then he or she will wash the private area between your legs with some soapy liquid to make it super clean. It may feel very cold and wet. A small, thin tube called a "catheter" will gently slide into your bladder and will be taped to your leg so it won't fall out. It feels funny or may even hurt for a second. This is the tough part. Once the catheter is in, the rest is easy. Next you should be able to actually watch on the TV screen as your bladder fills up, that is if you're not too busy watching the movie! As your bladder is filling, you will feel like you have to go to the bathroom.
- Try to hold as much as you possibly can; we know it's not easy. When you can't hold another drop, tell the doctor and/or nurse. Believe it or not, they will ask you to go to the bathroom right there on the table! Don't worry about making a mess because it is ok to urinate on this special table. While you are urinating, the cameras will take pictures of your bladder.
- While pictures are being taken, the TV screen showing your bladder will flash on, the lights will dim and you will hear a low humming sound from the machine above you. Some children say it sounds like a train. This may happen a few times. When your picture is being taken, it really helps if you can stay as still as possible so it doesn't come out blurry.
- After all these pictures are taken, you're done! You'll get cleaned up and put your clothes on to go home. You may be a little sore the next couple of times you go to the bathroom. This is temporary and will go away soon.

We realize this is probably not the most fun you've ever had, but it is an important test which gives us special information about your bladder.

**See the next page for contact information**

**Contact Information:**

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**Appointments & Location**

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