

## Voiding Cystourethrogram (VCUG)

If you and your child know what will happen during the voiding cystourethrogram or VCUG, the test will go more smoothly.

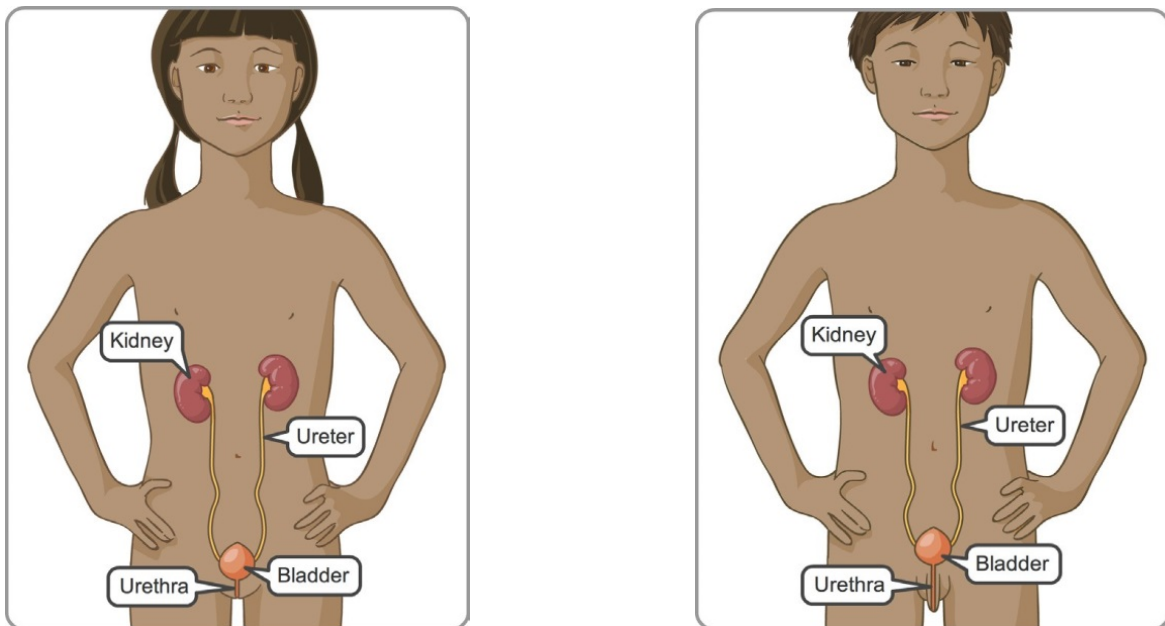
### What is a voiding cystourethrogram (VCUG)?

A VCUG is a test that shows what happens inside your child's body when they pee. This test uses x-ray pictures.

During the test, an x-ray dye will go into your child's bladder through a tube. The tube is long and narrow, and made of soft plastic. It is called a **catheter**. A nurse will insert the catheter.

The X-ray doctor, called a **radiologist**, will look to see whether urine flows backwards from the bladder to the kidneys. This condition is called **reflux**.

Your child's doctor may have asked for this test because your child has had bladder or urinary tract infections (UTIs).



Images courtesy of AboutKidsHealth.ca



## Medical Imaging Department

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## Coping with a VCUG

### Before coming to the test: Make a coping plan

A coping plan lists ways to help your child relax. Think of ways to soothe your child before and during the VCUG.

- Explain the test to your child before you come. Use safe words, like 'insert' and 'place.' Explain that peeing on the x-ray table is okay. The test will be over once your child pees.
- Bring a comfort item from home. Your child can use this item before and during the test. A soother, blanket, small toy, or bubble set may work.
- Decide with your child how you will relax together. You can plan to do deep breathing, singing songs, or blowing bubbles.
- Think of soothing thoughts to share with your child. Share them before and during the test.
- Bring a friend or family member to support you and your child.

### During the test: Comfort your child

- Speak calmly to your child. When you are relaxed, your child can relax.
- Offer your child their comfort item.
- Follow your comfort plan.

### After the test:

- Talk to your child about the test.
- Praise your child for the things they did well, like staying still or breathing deeply.

### Notes on your coping plan:

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## What happens during the VCUG?

### Before the test

- Come to the Medical Imaging Department for your child's test. Check in at the Reception desk.
- When the technologist calls your name, bring your child into the x-ray room. The technologist will explain the VCUG test again. You and your child can ask any questions you have.
- You will help your child change into a hospital gown.
- Your child will lay flat on the x-ray table. Your child's bottom will rest on some towels. Girls will have their legs in a frog position, with their knees out to the side. Boys will keep their legs straight.



The VCUG x-ray room

### The VCUG test

- Follow your **copng plan**. Talk calmly to your child, and offer a comfort item.
- A nurse will clean your child's genitals with a cleaning solution on cotton. This will feel cold and wet.
- The nurse will then insert a catheter into your child's urethra. The catheter goes through the urethra into your child's bladder. Some children say this feels like a pinch. The nurse will tape the catheter in place.
- The x-ray doctor will move the x-ray camera over your child's body. The camera will not touch your child.
- The technologist will start the flow of x-ray dye through the catheter. The dye will travel into your child's bladder.



The radiologist and a patient ready for her VCUG

As your child's bladder fills, your child may want to pee.

- The doctor will take x-ray pictures to see the bladder filling.
- When your child's bladder is full, the doctor will ask your child to pee into the towels on the table. This will be easier if your child is relaxed.
- The doctor will take x-ray pictures to see the bladder emptying.
- The test will be over when your child pees. The nurse will remove the tape and let the catheter slide out. The technologist will tell you where your child can get dressed.

### After the test

Your child's doctor will receive the test results.

Make sure your child drinks plenty of fluids for 2 days after the test.

It is normal for your child to have:

- Pink pee
- Mild stinging when your child pees for the first few times after the test



Pointing at the VCUG x-ray camera



### Call your child's doctor if your child has...

- Pain
- Fever, or
- Blood in their pee

### Have questions or concerns?

The staff at BC Children's Hospital is here to help you and your child, and to make your visit go smoothly.

Call the Radiology Department at: 604-875-2132



### It's good to ask!

Developed by the Medical Imaging Department with assistance from the Patient Experience department

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