

About your child's VCUG

What to expect and
how to get ready



DOERNBECHER
CHILDREN'S
Hospital

What does VCUG stand for?

The letters in VCUG stand for “voiding cystourethrogram” (VOY-ding SIS-toe-you-REE-throw-gram). It is often called a VCUG (VEE-cug) because this name is easier to say.



About Your Child's VCUG

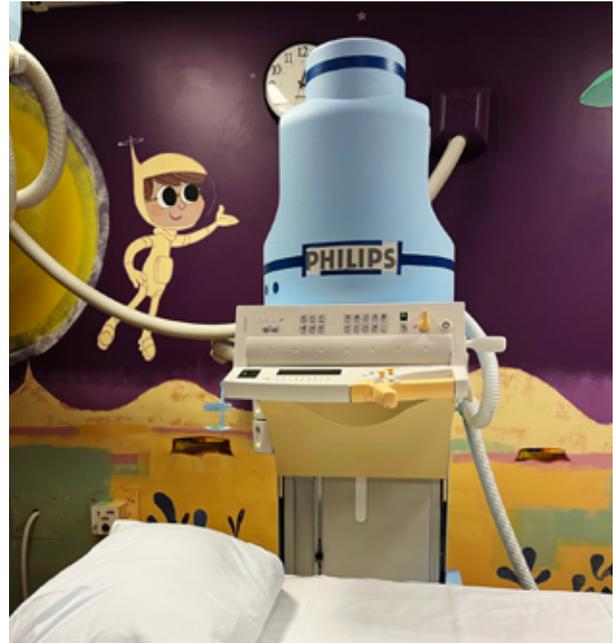
What to expect and how to get ready

This is a guide for a procedure called a "voiding cystourethrogram," or VCUG. We do this procedure at OHSU Doernbecher for children of all stages of development.



Please use this guide any way you want to support yourself and your child. Your child may want to know a lot about having a VCUG. Or they might not want to know very much. Some children are anxious about the procedure, and others are not.

You know your child best, and we encourage you to decide which sections to share.



Help from a child life specialist

A child life specialist can give you more information and ways to cope. Please call 503-418-5377 to schedule a phone call with them.





About your VCUG

You are coming to the hospital today for your VCUG. Many kids come here to have the same procedure. We hope this guide will answer some of your questions about what to expect.

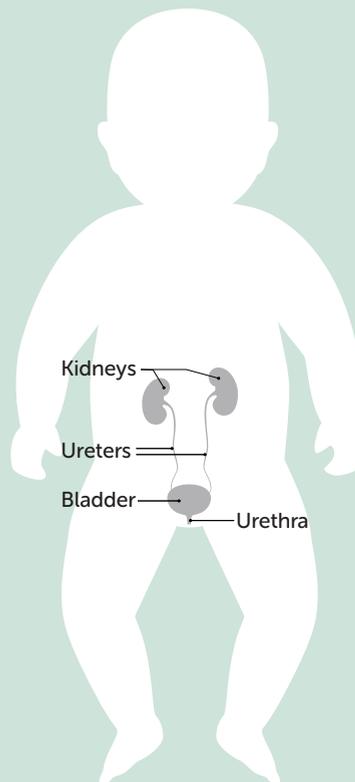
You might need a VCUG for one of these reasons:

- You pee all the time
- It hurts when you pee
- You wet the bed sometimes
- You get bladder infections
- You can't pee when you feel like you need to

Can you write down why you are having a VCUG?

During your VCUG, you have X-ray pictures taken. They show how your bladder and kidneys are working. These are part of the system that makes pee and stores it inside your body.

The doctor is going to look to see if all the pee comes out of your bladder when you want it to. They will also look to see if any is going back to your kidneys.



On the day of your VCUG

On the day of your VCUG, you come to the hospital with your parent or caregiver. They can stay with you the whole time. You can also bring a stuffed animal or blanket with you.



You might need some relaxing medicine called sedation. If you are getting this, the nurse who gives it is the first person you will meet.

Your nurse will weigh you and take your temperature and blood pressure. They will also check the level of oxygen in your blood by putting a small clip on your finger. They need this information to give you the right amount of relaxing medicine.

You, your parent or caregiver, and the nurse will talk about the best plan to give you relaxing medicine. Once you take it, you may feel sleepy or silly!



Getting ready for the VCUG

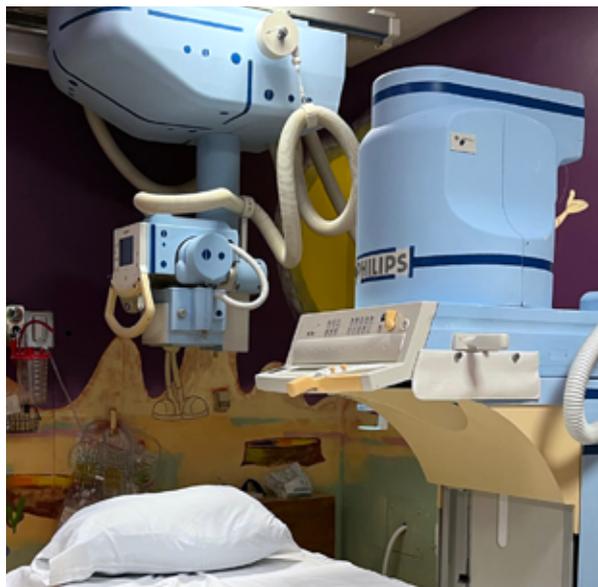
When it is your turn to have a procedure, you go to the room where your X-ray pictures will be taken. You will change into a hospital gown. After the VCUG is finished, you can change back into your regular clothes to go home.

You will notice a big machine in the procedure room. This is the X-ray camera. The doctor uses this camera to take special pictures which appear on a screen next to your bed. You can look at the pictures on the screen too!

After you take your relaxing medicine and change into your gown, the nurse will ask you to lie down on the bed. The bed is under the X-ray camera. The camera will move close to your body, but it will not touch you.

Your job is to stay still like a statue on the bed so the camera can take good pictures. Your parent or caregiver can stay next to you the whole time.

All the people who are in the room will wear special jackets or aprons. This includes your parent or caregiver. We do this so the camera does not take pictures of their bodies.



Putting in the catheter

When it is time to start, a person called a radiology technologist will slide a small, soft and flexible tube where you pee. This tube is called a catheter. It feels like a cooked spaghetti noodle and is about the same size.

During this part, your job is to make frog or butterfly legs by touching the bottoms of your feet together.



First, the technologist will clean where you pee. They will use brown soap three times on soft tissues to clean you. Then they will put the catheter in gently.

During this time, your job is to be still like a statue and take deep breaths. Some kids choose to watch or play on an iPad or hug a stuffed animal. What will you choose?



To make sure the catheter stays in place, the technologist will use a few pieces of tape on your leg. After the VCUg is finished, the catheter will slide out. We will take the tape off then.



Getting contrast and taking pictures

Once your catheter is in, the technologist uses it to fill your bladder with a clear liquid. This liquid is called "contrast." It helps the camera take better pictures of your bladder. This lets the doctor see what is happening better.

The contrast liquid will flow slowly through the catheter until your bladder is full. You can watch this on the TV screen next to your bed.

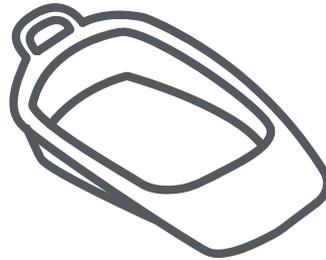


Next, the doctor will use the camera to take pictures of your bladder and kidneys. They might ask you to roll from side to side while they do this. This helps make sure the camera takes pictures of your entire bladder and kidneys.



Peeing the contrast out

We will ask you to pee after the doctor has all the pictures they want. You can pee right on the bed. It has special pads and towels to make sure the pee stays on the bed. Or you can use a bedpan, which is kind of like a toilet.



Once you start to pee, the technologist will take the tape off your leg. The catheter will slide out as you pee. The doctor will keep taking pictures during this time to make sure all your pee comes out. This is the most important part of the procedure.

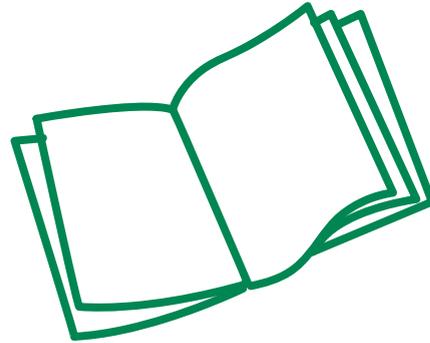
After you have peed out all the contrast, you are done! You can get dressed with the clothes you brought from home. The doctor will talk to your parent or caregiver about the pictures they took.

My VCUG Plan

This part of the guide helps you make a plan for your VCUG procedure. Think about what might help you best!

On the day of my VCUG, I will bring to the hospital...

- A stuffed animal
- A toy that I like to play with
- A book I like to read
- _____



Before my VCUG, it would help me to...

- Practice with a doll
- Play, to distract me
- Talk to a child life specialist on the phone
- _____



During my VCUG, it would help me to...

- Watch a show or movie
- Play a game
- Hold my parent or caregiver's hand
- _____



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