VCUG (Voiding Cysto-urethro-gram)

A VCUG is a test that uses x-rays to take pictures of the bladder and the urinary tract. Before the VCUG, we ask your child to:

- Remove clothing
- Remove underwear
- Change into a gown

Because the VCUG involves x-rays, we ask that the parent wear a lead apron. Pregnant women must step out during the procedure.

A large camera mounted on the side of the table will take x-ray pictures. It will come close to your child but will not touch him/her.

During the VCUG, your child will lie on his/her back on the x-ray table. The technologist will take a picture of the abdomen.

For a girl: She will be flat on her back with her legs open in a frog-like or butterfly position.

For a boy: He will lie flat on his back.

The nurse will wash the opening to your child’s urethra, where pee comes out, with cool, wet soap.

Next, the nurse will slide a soft tube called a catheter through your child’s urethra into his or her bladder. The nurse will tape the tube in place.

The pediatric radiologist (doctor) will use the tube to fill your child’s bladder with contrast, which is a clear liquid that shows up on x-rays. At this time, your child may feel pressure and the urge to pee.

We will ask your child to hold his/her pee until the doctors tell him/her to pee.

Your child will need to hold very still while the pictures are taken. Parents are encouraged to help their child stay still.

As the bladder fills with contrast, the doctor will take more pictures. Your child will be asked to roll from side to side.
Once the bladder is full, your child will be asked to pee while lying on the table. More pictures are taken until the bladder is empty.

While your child is peeing, the tube may slip out or the nurse will take it out.

If your child has not completely emptied his/her bladder, he/she may use the bathroom. Then return to the x-ray table for a final picture.

We can then help your child get cleaned up and dressed.

The radiologist will explain the results to you.

**After the VCUG**

- Your child may experience stinging while going pee
- Urine may be tinged pink.

Drinking extra fluids and giving your child a warm bath (plain water, no bubbles) help relieve any discomfort.

**Preparation Tips**

1. Explain to your child what will happen in words that he/she can understand.
2. Tell your child you will be there.
3. Explain the importance of holding still while pictures are being taken.
4. Practice taking slow, deep breaths, as this will help your child to relax (like blowing bubbles or blowing out birthday candles).
5. **For INFANTS:** Hold the last feeding before the time of the scheduled test.
6. **For CHILDREN (2 years and older):** nothing by mouth for 4 hrs before the time of the scheduled test.

You may bring an item such as a blanket, stuffed animal, or bottle to comfort your child during the VCUG.

A pediatric radiology team, consisting of a pediatric radiologist, a technologist, a child life specialist and a nurse, is available to assist you before, during and after the procedure.

One of these members will be contacting you before your appointment to help you prepare and discuss any of your needs.