

# VCUG (Voiding Cystourethrogram)

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## What is a VCUG?

- This is a test that checks :
  - To see if urine (pee) is flowing backwards into the kidneys.
  - How urine flows from the bladder to outside of the body through a tube called the urethra.
- X-ray pictures are taken to see what happens as the bladder fills and when it empties.

## What happens during the test?

- Before the test, your child will be asked to change into a gown, and remove their underwear, socks and shoes.
- Your child will lie on a bed during the test under a camera.
- A small tube called a catheter is placed into the bladder through the urethra, and the bladder is emptied.
- A special liquid called contrast dye is then placed into the catheter to fill up the bladder.
- An X-ray is then taken and the dye shows on the picture.
- After the first pictures are taken, your child will be asked to pee lying down on the table (this can sometimes be challenging for toilet-trained children).
- As they pee, more x-rays will be taken. Your child may be asked to empty their bladder on the toilet and then come back for one last picture.

## **How do I prepare my child for the test?**

- Some children can find going to the hospital and having tests done scary, especially when it involves their genitals.
- The technologist will need to touch your child's genitals to clean them and put in the catheter. You can reassure your child that you have given them permission to do this because the test will help them.
- If your child is worried about the test, a person called a Child Life Specialist can talk to them before the test and explain the procedure in words they can understand.

## **How is my child kept comfortable?**

- You will be able to be with your child during their test, but you will have to wear a heavy apron to protect yourself while the test is being done.
- During the test, a Child Life Specialist may be available to help distract and relax your child. Bring a comfort item like a stuffed animal or blanket from home to help your child to feel more comfortable.
- For some children, we can offer medication called sedation that makes your child relaxed and sleepy during the test. If you think that your child will have difficulty coping with the test while awake, talk to your child's provider about their options.

## **What happens after the test?**

- After the test is done, the technologist doing the test will help your child get cleaned up and show them where to get changed.
- If your child received sedation, they will have to wait at the hospital a little bit longer after the test to make sure they are fully awake before going home.
- The technologist is not able to tell you the results of your child's test. You will receive the test results at their clinic follow-up appointment.
- The first few times peeing after the test might hurt a little bit, but helping your child to drink lots of fluid will help with this.