



Words you can use to prepare your child

- We are going to the hospital to have some special pictures taken of you. The doctor needs to take pictures of your bladder. The bladder is the part of your body that holds your pee.
- Once it is time to take the pictures, we will go into a room with an X-ray camera and a special bed in it. In this room there will be a movie to watch, toys to play with and fun pictures to look at on the ceiling. You will be asked to put on a hospital gown and take off your pants, underwear, shoes and socks.
- You will lie on the bed. The bed will have a sheet and a pillow on it. A warm blanket will also be provided to keep you covered up and warm.
- When you are lying on the table I will be with you the entire time. You can also pick out your favorite toy to bring.
- Once the doctor is ready to begin you will be asked to:
 - For Girls:** Make frog legs or butterfly wings with your legs
 - For Boys:** Make your legs straight
- During this time, your job is to lie very still and take slow, deep breaths. The doctor will use cold brown soap to clean the area where you go pee.

- Then the doctor will put a small tube in the hole where you pee. Again, it is important to lie still and take slow deep breaths. You can blow a party blower or a pinwheel to help you breathe slow, deep breaths. The small tube slides in easier if you are breathing and relaxed. It also helps to sing songs, hold my hand, read books or watch a movie.
- After the tube is in, the doctor will place a small piece of tape on you to hold the tube in place.
- The doctor will use the small tube to place special water into your bladder. This water helps the doctor see how your body is working on a TV screen.
- The X-ray camera will move over the top of you. The camera will not touch you. You may be asked to turn onto each side to have your pictures taken.
- You will start to feel like you have to go pee. The doctor will want you to hold it until your bladder is completely full. (Children who are not potty trained will not be required to hold their pee.) When the doctor gives the okay, you will pee onto towels while you are lying down. It may feel funny going pee on a bed, but this is how the doctor gets pictures of your body working.
- While you are peeing, the tape will be taken off and the small tube will come out.
- As soon as you are done going pee you are all finished.
- Warm washcloths will be given so you can wash off any of the special water that may have gotten on you.
- Once dressed, you can pick out a prize.

For further questions contact:

Radiology Department: 314.454.6139

Child Life Specialist: 314.454.4780 (For additional questions about preparing your child)



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Washington
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Physicians

Preparing Your
Child for a Voiding
Cystourethrogram

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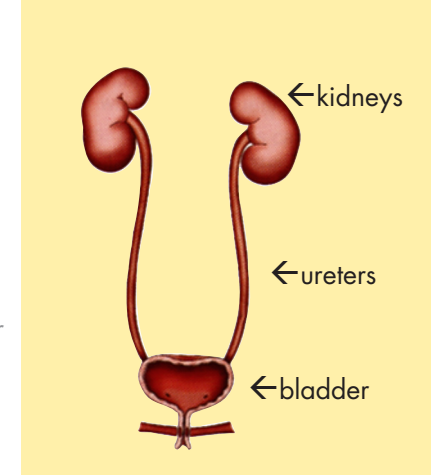
Before the day of the procedure

- Discuss with your pediatrician why your child needs a VCUG and any previous difficult catheterizations or VCUG's.
- To avoid bladder/kidney infection, please make sure that your pediatrician has tested your child's urine to make sure there is no infection. Check the results with the pediatrician's office before your appointment. This is not required by all pediatricians, so please check and see if needed.
- If your child is sick, running a fever, or has a bladder/kidney infection, please call to reschedule the test.
- It is very important to be honest with your child. An explanation of what will happen in words he/she can understand will be provided in the next section.
- Parents are encouraged to stay during the procedure. Pregnant mothers will not be allowed in the exam room during the procedure.
- Plan to bring comfort items such as blankets, pacifier, stuffed animal, book or favorite toy for your child to have during the test.
- Siblings will not be allowed in the exam room. If possible, try to arrange for siblings to stay with another caregiver.

Day of procedure

- Upon arrival to the hospital, please check in at the Joe Buck's Imaging Center on the 1st floor to register.
- Once registered, you will be guided to the waiting room where your child can play with a video game and other interactive toys. Also available is a fish tank and televisions for your child to watch during your visit.
- Next, a child life specialist or a radiology technician will walk you and your child to the exam room. The exam rooms have kid-friendly activities available for your child to utilize during the exam (i.e. movies to watch, toys to play with and fun pictures on the ceiling to look at).

- During the entire procedure, you may stay close to your child to provide support. A lead apron will be provided to wear for protection.
- Your child will be asked to put on a hospital gown and take off their pants, underwear, shoes and socks.
- Then your child will lie on the exam table and a pillow and warm blankets will be provided for comfort.
- A radiologist will then clean your child's genitals using betadine soap. Then a catheter (a tiny tube) will be placed into your child's bladder. A piece of tape will be used to secure the tube in place. During this time, the child life specialist will help you comfort your child by encouraging deep breathing and by providing distraction with age appropriate activities.
- The X-ray camera will be placed over your child (see picture). The catheter will then be connected to a bottle of liquid called contrast. The contrast will fill your child's bladder. Contrast shows up on the X-ray allowing the radiologist to see how your child's urinary system is working.
- Once your child's bladder is full he or she will urinate onto towels or a urinal on the exam table. Pictures will be taken during this time also. The catheter will come out as your child urinates.
- If the bladder does not completely empty, your child may urinate either in the restroom or in the diaper. Following this, another picture will be taken while your child lies on the table.
- The exam is over once his or her bladder has emptied.



After the procedure

- After the pictures have all been taken, your child may be cleaned with warm washcloths, if needed, before getting dressed. Once dressed, a prize will be provided.
- Some children say it tingles or feels funny the first few times they go to the bathroom. This is normal and will eventually go away. Drinking fluids without caffeine or carbonation will help with the discomfort.
- We will call your child's doctor with the results of the exam.



Your child is scheduled to have a Voiding Cystourethrogram or a VCUG. A VCUG is a test that tells the radiologist about the tubes, called ureters, that connect your child's bladder to their kidneys. The test also examines how well your child's bladder is working.

This information is to help prepare you and your child for a VCUG prior to arriving at the hospital.