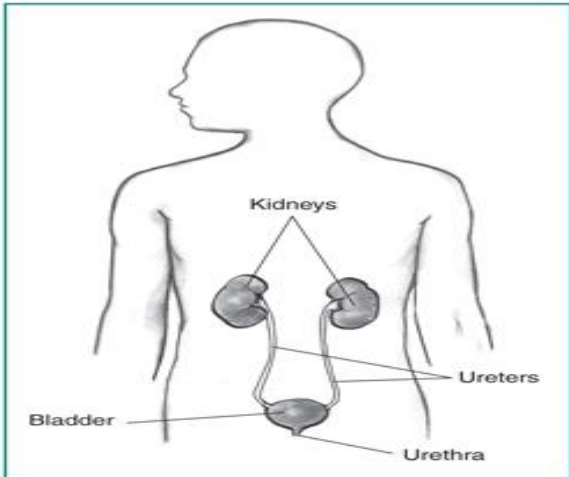


### QUICK FACTS:

- VCUG is a video X-ray of the bladder and urinary tract at work.
- Your child will be awake throughout this exam.
- Your child can partake in normal activities afterward.



### A LITTLE ABOUT OUR BODY:

- Our kidneys make our urine, which then flows down the ureters and into the bladder. Our urine is supposed to flow down, but sometimes urine can flow back up the ureters and into the kidneys. This is called reflux.
- Sometimes, reflux is only shown while we void. A VCUG can show reflux occurring by taking X-ray pictures of the urinary tract while the child is voiding.

### ABOUT THE VCUG EXAM:

- The goal of the exam is to take X-ray pictures of the bladder and urinary tract while the child is voiding to look for reflux.
- To fill the bladder, a tiny catheter is placed into the urethra. Before catheter is placed, a nurse will clean the area with cold soap to get rid of germs.
- After catheter is placed, the Radiologist will come into the room to take the X-ray pictures.
- Once the Radiologist is in the room, they will start to fill up the bladder with contrast. The contrast is used because of its ability to show up well in X-ray pictures.
- When the bladder is full, the Radiologist will take two “side-view” pictures before the child is asked to void on the table.
- Voiding on the table is the most important part of the exam, as the pictures taken while the child is voiding will show whether reflux is present or not. While the child voids, the catheter slides out.
- After the bladder is empty, the exam is complete.



### WORDS TO KNOW:

- Reflux: Vesicoureteral reflux (VUR) is the backward flow of urine from the bladder into the kidneys. Normally, urine flows down from the kidneys through the ureters to the bladder.
- Voiding: To drain urine from the bladder. (Urinating.)

## PARENT/ GUARDIAN'S ROLE DURING EXAM:

- Parents and guardians are welcome to be present during exam to support their child.
  - Due to use of radiation, women who believe there is a possibility they may be pregnant or are pregnant will not be allowed in room while x-ray is being used. These women may be with their child during times when radiation will not be used such as catheter placement.
- Medical staff will instruct parents/guardians on where to stand while in the room to help the exam run smoothly.
- Parents/guardians are encouraged to help their child relax and keep calm during the exam.
- Parents/guardians are also a great help when encouraging the child to void at the end of the exam.
- If your child has any comfort items such as stuffed animals, pacifiers, small handheld toys, or blankets, you are more than welcome to bring those along.



## PEOPLE YOU MAY MEET:

- Nurse (RN)
- Radiology Technologist
- Radiologist
- Child Life Specialist\*

\*Child Life is available depending on your child's appointment time, needs, and developmental level.

## AFTER THE EXAM:

- After a VCUG, your child may feel a little sore the next few times they have to urinate. This is normal, and drinking extra liquids may help to relieve soreness more quickly.
- The Radiologist in the room may give you preliminary results, and will send a report to your physician who requested the VCUG exam.
- Detailed results and 'next steps' can be discussed with your physician who requested the VCUG exam.

## ADDITIONAL INFO:

- This informational sheet is to provide basic knowledge of a VCUG exam. Exam experiences may vary depending on the following factors:
  - Whether your child is male or female
  - Your child's age and developmental level
  - Use of 'anxio mask'
- Your nurse for the exam will explain the exam in detail, so please feel free to ask questions if needed. We as a hospital team are here to support both you and your child throughout your experience.