



VOIDING CYSTOURETHROGRAM (VCUG) INSTRUCTIONS

What is a voiding cystourethrogram (VCUG)?

A VCUG (or cystogram) is a study of the bladder to determine if there is reflux (urine traveling upward) into the kidneys. The urethra is the tube that carries the urine from the bladder to the outside of the body.

What happens during a VCUG?

1. A certified child life specialist may be available to help prepare, distract and support your child. Child life specialists help ease fears and anxieties that some children have during their hospital visits.
2. Your child will lie on the X-ray table.
3. The radiology technologist will slide a catheter (thin tube) into your child's urethra.
4. The urine in your child's bladder will drain out through the catheter and be sent to the lab.
5. A clear liquid called *contrast* will be put into the bladder through the catheter.
6. The bladder is filled with the contrast, so your doctors can see your bladder with the X-ray camera.
7. X-ray images will then be taken.
8. This exam takes approximately one hour.

Additional Information:

- No preparation is necessary for this exam. Your child may eat and drink as normal.
- Give all medicine at the regular time unless otherwise directed by the Radiology department or your child's doctor.
- If your child is ill (fever, cough, flu, etc.), or if you have any questions or concerns about this procedure please call **Radiology Scheduling** at 214-559-8572.