



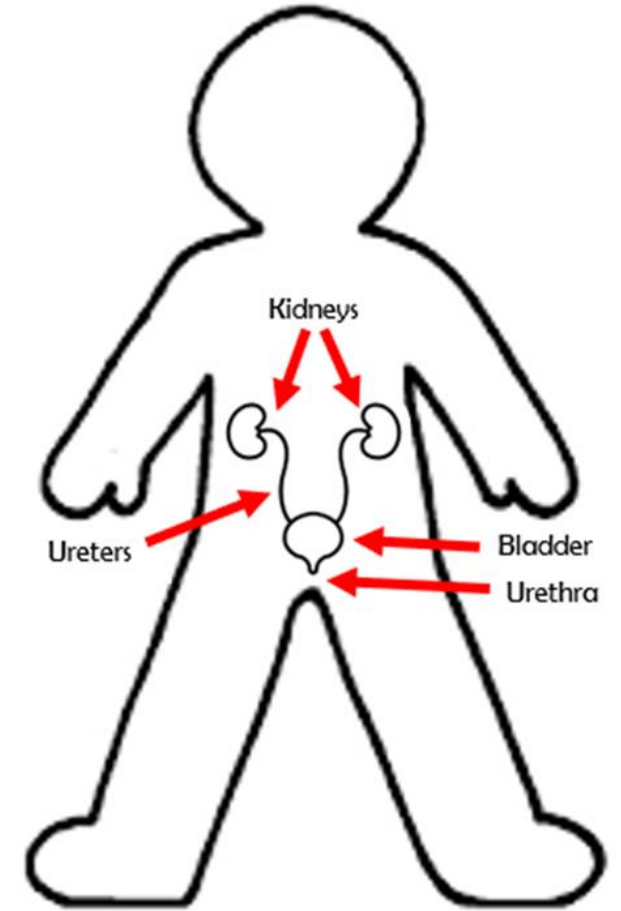
# VCUG

This is a book about getting a VCUG at Phoenix Children's.



VCUG stands for “Voiding Cystourethrogram.” This means that a doctor will take x-ray pictures of your body while you pee.

You may hear your doctor say words like **kidneys**, **bladder**, **ureters**, and **urethra**. These are all parts of your body that help you pee.

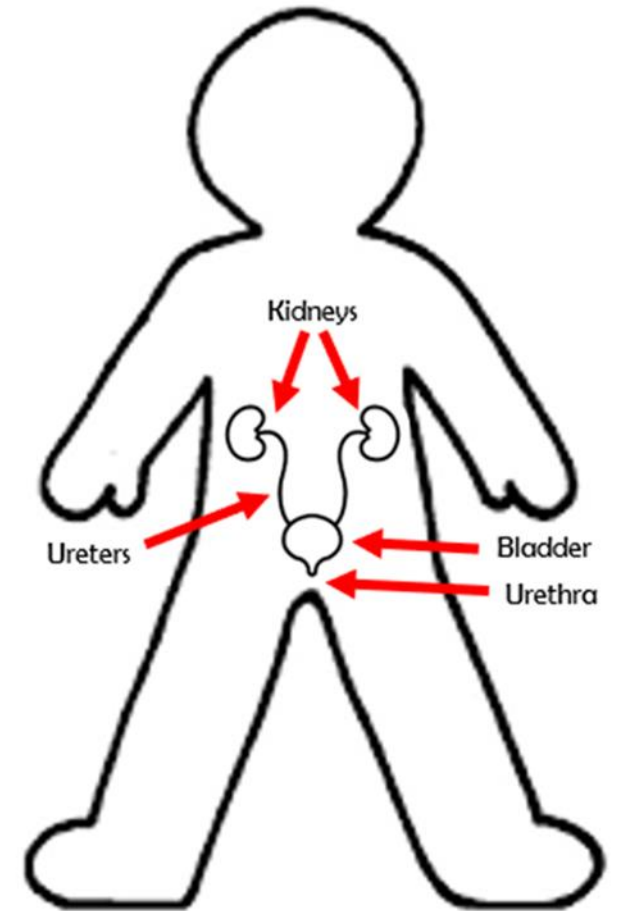


Your **kidneys**' job is to make your pee.

Your pee moves down tubes called **ureters** to get to your bladder.

Your **bladder**'s job is to hold your pee.

When your bladder is full, you go to the bathroom. Most kids' pee comes out of a small hole called a **urethra**.



When you come inside the building, someone at the check-in desk will ask your grownup questions and show you how to get to the Radiology area.



When you get to Radiology, your family will use a tablet to check you in and tell the staff that you are here. You can bring a toy from home to play with while you wait.

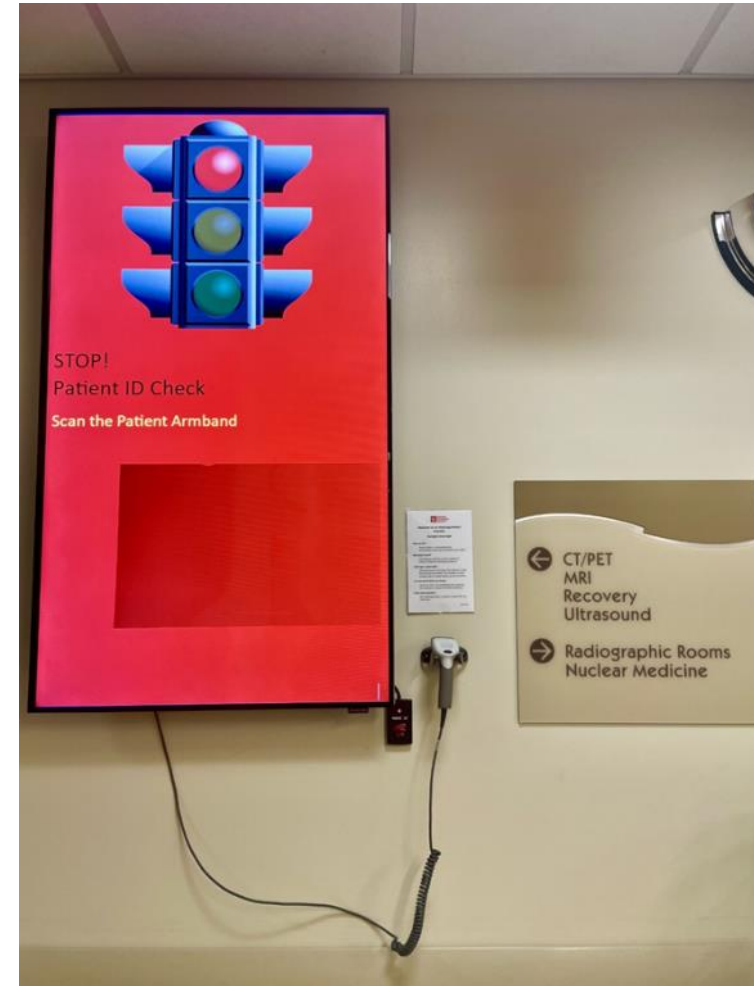


The first time your name is called, you and your grownup will go to the check-in desk and get a bracelet with your name and birthday on it. Then you can go back to your spot to wait for your name to be called again.



When they are ready to do your VCUG, staff will call your name again and bring you to a stoplight screen to check your bracelet.

When the stoplight turns green, follow the leader to the next place!





They will bring you to a room with big cameras. This is where the doctor will take the pictures of your body.



You will change into colorful hospital pajamas that open in the back. Your x-ray tech will give you the right size for your body.



Then you will lay on the bed so we can take an x-ray picture of your belly. The camera for this picture is high above you and doesn't touch you.



You can ask the x-ray tech if your grownup can stay with you the whole time. If they can, they will wear a special outfit, too!

To take pictures while you pee, your bladder needs to be filled up with picture water, called contrast. There are 4 steps to get your body ready for picture water. Your job is to lay very still.



Some kids like to squeeze a stress ball or their grownup's hand while they get ready for their picture water. You could also choose to count, sing a song, watch a show, play on a tablet, or listen to music.



What will you do while the x-ray tech gets your body ready?



First, you will take off your underwear and we will ask you to make “butterfly legs” or “frog legs” by putting the bottoms of your feet together. Then the x-ray tech will squirt cold gel around the hole that you pee from – this makes it so that you don’t feel so much when we do the next steps. Your job is to keep your legs still and take deep breaths.



Next the x-ray tech will clean around the hole you pee from with brown soap three times. The soap feels cold and wet on your body.



Then the x-ray tech will slide a tiny, soft straw into the hole that your pee comes from. Kids tell us it can feel uncomfortable or like a big push. Your job is to take very deep breaths and hold hands with your grownup.



Some kids like to take breaths by blowing bubbles or a pinwheel. Which will you choose?





After the straw is inside the hole where your pee comes out, the x-ray tech will put soft, white tape on the straw so that it stays there during your test.



Now we can use that straw to fill your bladder with picture water. Some kids say the picture water feels cold. It looks clear in the bottle, but in the pictures of your body, it will look dark gray.

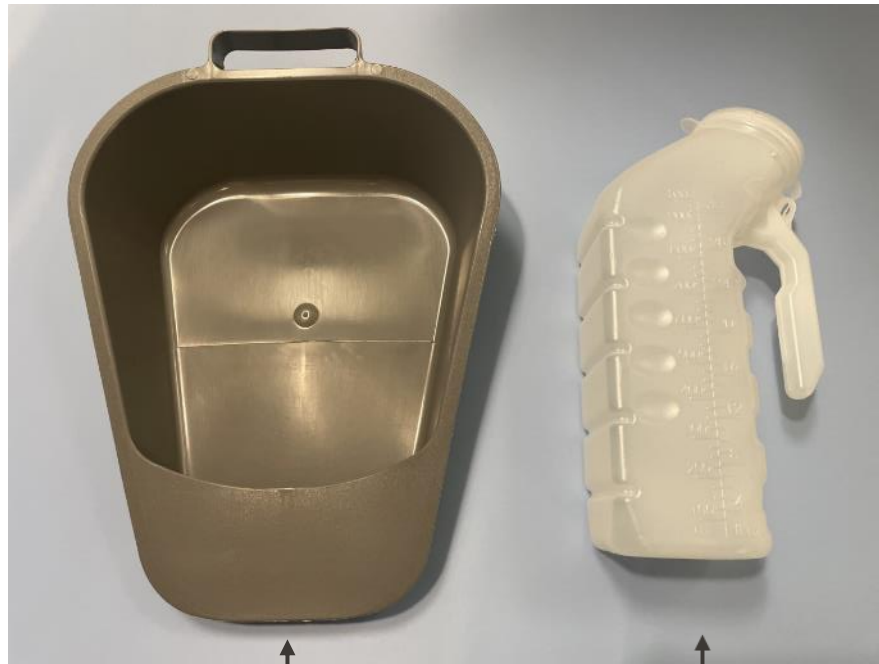


Some kids like to do something fun while their bladder gets filled with picture water. What would you like to do?

The doctor will slide the camera over your body for your pictures. Some kids say the camera is like a tent or fort! The camera will get close to you, but it won't touch you.



Your job is to tell us when your body really, really needs to pee. This means your bladder is full of picture water. We will take off the white tape around the straw and give you a potty to pee into while you are laying under the camera. While you pee, the doctor will take pictures and the little straw will slide out of your body. When you are all done peeing, the test is over.



↑  
This is the potty you will use if you have a vagina – it is called a bedpan.

↑  
This is the potty you will use if you have a penis – it is called a urinal.



You did it! You can change back into your clothes and get ready to go home.



Way to go!

