When I have a VCUG...

(Voiding Cystourethrogram)

St. Alexius Medical Center
I am going to St. Alexius Medical Center to have an exam called a VCUG.
When I arrive at the hospital, I will go to the reception desk to check in. I will receive a bracelet with my name. This helps people know who I am.
I will wait in the waiting room until the exam room is ready for me.
The Changing Room

This is where I will change into the Hospital gown I will be wearing for my VCUG. Hospital gowns are super clean and make it easier for the doctor, nurse or technician to examine me.
The exam room has a bed, a computer screen and a big camera.
I will lay down on the bed. It is my job to hold very still.
My mom, dad or another support person will be with me the whole time.

Sometimes a Child Life Specialist will bring toys or books for me to look at.
The nurse will clean the area of my body where I go pee. The soap is on a stick and is very clean. It will feel a little cold and wet.
Next, the nurse will put a very small tube into the area of my body where I go pee. It is skinnier than a spaghetti noodle. I can take deep breaths, blow on a whistle, or hold a squishy ball to help me relax.
The technician pulls the camera over me. It looks like a tent and it moves up and down and back and forth. It will not touch me and it will not hurt. It will only take pictures of my bladder.
The contrast water will fill up my bladder. This helps the doctor see my bladder when I have my pictures taken.

I will remember to hold still.
My support person is still with me. They can talk to me, sing to me, read me a story or play with a toy with me.
As pictures of my bladder are taken, I have to pee the contrast out onto the table. I can have towels under me. I am not having an accident. I will not get in trouble and no one will be upset with me.
After my bladder is empty, I will have one more picture taken, then I can sit up. The exam is all done and I will get a prize.
Some Friendly Faces I Might See...

Letty
Child Life Specialist

Katie
Child Life Specialist

Kerry
Child Life Specialist

Kathy
Radiology Technician

Dr. Conneely
Pediatric Radiologist