

## Voiding Cystourethrogram

Please read this before your appointment. Feel free to ask questions.

A **Voiding Cystourethrogram (VCUG)** is an x-ray exam using x-rays and a liquid contrast. This exam shows how the lower urinary tract is working. The lower urinary tract includes the bladder (where urine is stored) and the urethra (the tube from the bladder to the opening where urine is voided). The exam will be performed by a radiologist (a doctor who specializes in reading x-rays) and assisted by a radiologic technologist. This exam usually takes 45 minutes.

**You are scheduled for an exam at the following HealthEast facility:**

- St. John's Hospital
- St. Joseph's Hospital
- Woodwinds Health Campus

**Appointment Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

Questions about scheduling, call: 651-232-5500

**Tell your health care professional if you:**

- Are or might be pregnant.
- Are allergic to shellfish, the iodine dye that is used in the contrast material or any other substance that contains iodine.
- Have a history of kidney problems or diabetes.
- Have had a barium test (Upper GI, Barium Swallow, Barium Enema) recently.

### Preparation

This exam usually requires no preparation, but your doctor may give you instructions.

### The Examination

For this exam, you will be asked to put on a hospital gown and robe. When you enter the exam room, the technologist will explain the exam to you. They will ask you a few questions and answer any questions you may have.

The exam begins by washing and drying the area between the legs. We make sure it is very clean. Next, a flexible tube called a catheter will be inserted a short way into the urethra. This part of the test may be uncomfortable, but it will be over quickly. A small balloon will be filled at the end of the catheter to hold it in place. A contrast material will flow from a bottle through the catheter into the bladder. This material makes it possible to see the bladder with x-ray.

When the bladder fills, there will be an urge to go to the bathroom. We ask that you hold it as long as possible. We will ask you to let us know when you can no longer hold the urge. Next, we ask you to empty your bladder as we continue to take x-rays. We will have you lie down or stand up for this part. The catheter will slide out at this time. It is very important for you to hold still while you are emptying your bladder. When we are finished with the exam, you will be allowed to finish emptying your bladder and sometimes more x-rays are taken.

**When the Exam Is Completed**

The radiologist will study and interpret the films and report the findings to your doctor. Your doctor will explain the results to you. You may go back to normal diet and activities unless otherwise instructed by your doctor. Feel free to ask questions if something is not clear to you. We welcome your comments.

**At HealthEast, we are dedicated to providing the best possible care. Thank you for taking time to read these instructions. We hope to make your experience as pleasant as possible.**

**Billing Information**

You will receive two bills for this exam.

1. The technical fee is for doing the procedure. It will be from the HealthEast facility. If you have questions regarding this bill, call 651-232-1100.
2. The professional fee is for the radiologist's time. It will be from the radiologist's group. There will be a phone number on the bill that you may call if you have any questions regarding the charge.

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HealthEast Care Connection: 651/326-CARE (2273) · 1-866-326-CARE (toll free)  
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