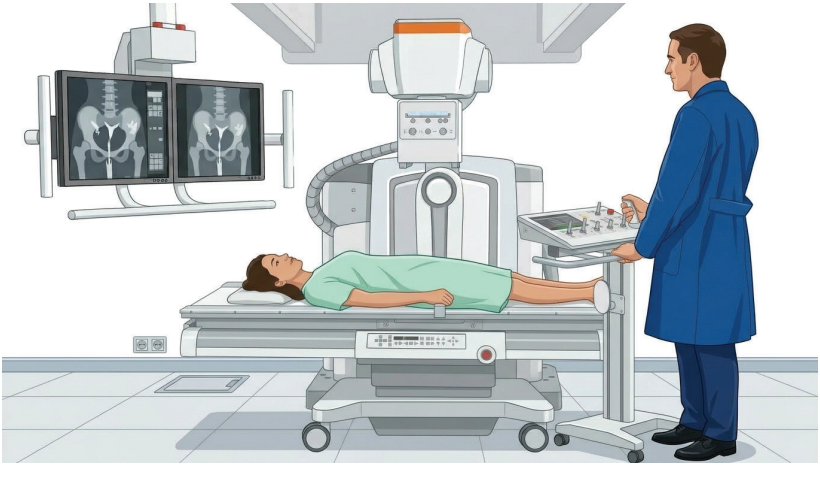
HEALTH CITY
Cayman Islands

Your Voiding Cystourethrography Experience



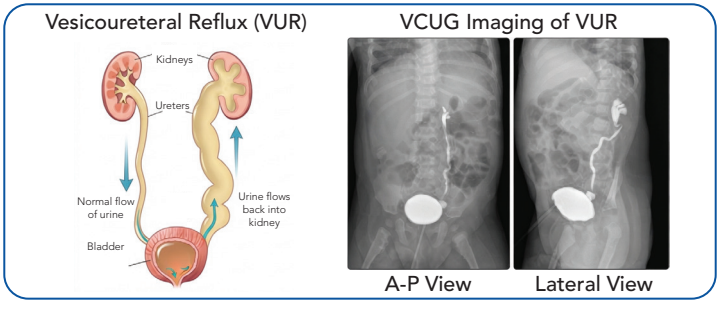
This booklet will guide you through the Voiding Cystourethrography diagnostic procedure.

We want to ensure that you receive the highest level of healthcare. This means keeping you educated and informed about what is involved in the different stages of your diagnostic procedure. If you have any questions or concerns, please speak with your doctor or medical technician.

What is a Voiding Cystourethrography (VCUG)?

A Voiding Cystourethrography is a specialised X-ray examination of the bladder and urethra performed using fluoroscopy, a type of real-time imaging that allows the radiologist to view the urinary tract while it is functioning.

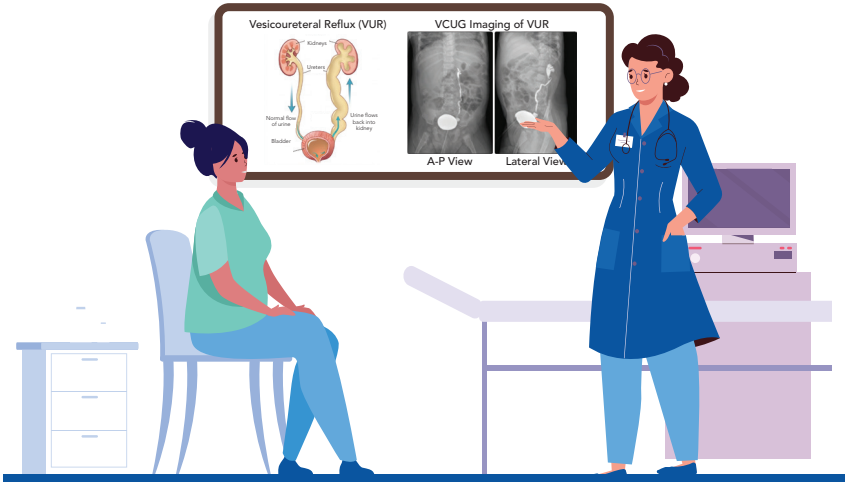
During the examination, contrast material is introduced into the bladder through a small urinary catheter. Images are obtained while the bladder fills and again while you empty your bladder (void). This allows the radiologist to assess the anatomy and function of the bladder and urethra.



Why is a VCUG Needed?

Your doctor may recommend a VCUG to:

- Investigate recurrent urinary tract infections (UTIs)
- Evaluate vesicoureteral reflux (backflow of urine from the bladder into the kidneys)
- Assess abnormalities of the bladder or urethra
- Investigate urinary incontinence or difficulty urinating
- Evaluate urinary tract function after surgery or treatment
- Identify congenital abnormalities of the urinary system
- Assess causes of urinary obstruction.



Preparing for Your Examination

To ensure the procedure is completed successfully:

- Arrive 15 minutes before your scheduled appointment.
- Continue taking your regular medications unless instructed otherwise by your physician.
- Wear comfortable clothing.
- Bring a list of your medications and any relevant medical information.
- Inform the imaging team if you are pregnant or think you may be pregnant.
- Inform the technologist if you have symptoms of a urinary tract infection, including burning during urination, fever, or pelvic pain.

Your physician may provide additional preparation instructions based on your individual circumstances.

Important Information

Please inform the radiology team if:

- You are pregnant or may be pregnant.
- You have a known urinary tract infection.
- You have had recent urinary tract surgery.
- You have any allergies or medical conditions that may affect the procedure.

What to Expect During Your Visit

STEP 1 Registration

Upon arrival at Health City, you will register at Reception.

STEP 2 Escorted to Diagnostic Imaging

A member of the Health City team will escort you to the Diagnostic Imaging Department.

STEP 3 Preparation

A radiology team member will explain the procedure and answer any questions you may have.

You will be asked to change into a patient gown and remove any items that could interfere with imaging.

STEP 4 Catheter Placement

You will be positioned on the fluoroscopy examination table.

The genital area will be cleaned using a sterile technique. A small catheter will then be gently inserted into the bladder through the urethra.

Some patients may experience mild discomfort or pressure during catheter insertion.

STEP 5 Filling the Bladder

Contrast material will be introduced through the catheter into the bladder.

As the bladder fills, fluoroscopic images will be taken to evaluate the bladder and urinary tract.

You may feel increasing pressure and a strong urge to urinate as your bladder becomes full.

STEP 6 Voiding Phase

Once the bladder is full, additional images will be obtained while you empty your bladder.

This portion of the examination is essential because it allows the radiologist to assess:

- Bladder emptying
- Urethral anatomy
- Urinary flow
- The presence of reflux into the ureters or kidneys.

The radiology team will provide guidance throughout the process to help you feel as comfortable as possible.



STEP 7 Completion of the Examination

After the study is complete:

- The catheter will be removed.
- You may use the restroom if needed.
- You may change back into your clothing.
- A member of the radiology team will review any post-procedure instructions with you.

Most VCUG examinations take approximately 30–60 minutes to complete.

After Your Examination

You may resume your normal daily activities unless otherwise instructed by your physician.

For a short period after the examination, you may experience:

- Mild burning during urination
- Increased urinary frequency
- Slight discomfort while urinating.

These symptoms are generally temporary and resolve within 24–48 hours.

Drinking extra fluids after the examination may help reduce discomfort and flush the contrast material from your urinary system.

Contact your physician if you experience:

- Fever
- Chills
- Severe pain
- Difficulty urinating
- Persistent blood in the urine.

FAQs

These are some common questions about the VCUG.



Q: Is a VCUG safe?

A: Yes. A VCUG is a commonly performed diagnostic procedure. The examination uses a small amount of radiation and is performed under the supervision of trained imaging professionals.

Q: Will the catheter hurt?

A: Most patients experience only mild discomfort or pressure during catheter insertion. The procedure is performed as gently as possible using a sterile technique.

Q: Will I be asleep during the procedure?

A: No. A VCUG is typically performed while you are awake. The radiology team will explain each step and help keep you comfortable throughout the examination.

Q: When will my results be available?

A: Your images will be reviewed by a radiologist, and a report will be sent to your referring physician. Please schedule a follow-up appointment with your physician to discuss the results.

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