



Naval Medical Center Portsmouth  
Urology Clinic  
757-953-2341/2342

## **VOIDING CYSTOURETHROGRAM (VCUG)/CYSTOGRAM (CUG) INFORMATION SHEET**

**INDICATIONS:** The Cystogram is an x-ray study which gives information about the bladder. The voiding cystourethrogram (VCUG) is an x-ray study which gives information about the bladder and the urethra. In addition, it also demonstrates whether urine goes back up to the kidneys (refluxes) with voiding.

**PATIENT PREPARATION:** Patients scheduled for a VCUG should report to the Urology Clinic approximately 30 minutes prior to the study to check in. Patients who are pregnant, or suspect they may be pregnant, should not, in general, undergo a cystogram or VCUG.

### **OLDER CHILDREN AND ADULTS:**

1. Two Dulcolax laxative tablets at 1400 the afternoon before the examination.
2. Light evening meal the day prior to the examination.
3. \*Nothing by mouth after midnight.

\* Medications may be taken anytime with a small amount of water. All patients who are scheduled for an examination after 1200 may have small amounts of liquids up to 1000 the day of the examination.

**TECHNIQUE:** After checking into the Urology Clinic, you will be sent down to the Urology X-Ray suite. The Urology Technician will position you on the x-ray table and take an x-ray. A small catheter will be sterilely introduced into the bladder. Rarely this will cause a slight burning sensation on insertion. Iodine contrast dye and normal saline fluids will be instilled through the catheter into the bladder and x-rays are taken. The catheter will be removed and another x-ray will be taken while voiding to evaluate the urethra.

**RISKS/COMPLICATIONS/SIDE EFFECTS:** Most patients have no difficulty at all with the contrast injection. Very few have the side effect of an overall warm sensation or a metallic taste in their mouth for a few minutes. Some will feel nauseated or have the urge to vomit. These sensations pass very rapidly. Approximately 5 of every 100 patients will have a mild allergy to the contrast and develop itchy skin or hives. This also passes quickly or can be easily treated with an injection of an antihistamine. Approximately 1 of every 40,000 may have a severe allergic reaction which causes difficulty with blood pressure and/or breathing. This extremely rare type of reaction requires heroic measures such as medication and possible cardiopulmonary resuscitation (CPR) to treat.



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**WHEN TO NOTIFY YOUR UROLOGIST:**

Notify your Urology Technician if:

- \*you have an **ALLERGY TO IODINATED CONTRAST**
- \*you are pregnant or think you may be pregnant
- \*you have a fever greater than 100 degrees Fahrenheit
- \*discomfort/difficulty with urination more than 48 hours after the procedure.

Every effort is made to return calls as promptly as possible; however, your Urologist may not be able to speak with you at the moment you call. Please leave a phone number where you may be reached both during the day and after normal working hours to assist us in returning your call that day. If you really feel your problem is an EMERGENCY, state this to the person who takes your call, call 911, or report directly to the Emergency Room.