

VOIDING CYSTOURETHROGRAM (VCU)

Your Doctor has ordered some special x-rays called a Voiding Cystourethrogram and we thought we would tell you about them so you'll know what's going on. This test is done in the morning in the Radiology Department of the Great Falls Clinic. In the Voiding Cystourethrogram the Radiologist will take some pictures of your bladder and urethra.

After you have gone to the bathroom, the Technologist will bring you into a large room where you will see a big machine near an x-ray table. This machine is just an overgrown camera used by the Radiologist to look at your bladder.

First the Technologist will ask you to climb up on the table and lie on your back on top of a soft white pad. The Technologist will ask you to pull your feet up close to your body sticking your knees out to the side in a frog position. Then she will wash the area between your legs with some pretty cold orange-colored soap from a plastic dish and dry you off carefully with some cotton. She will be making you super clean, so until the end of the test you shouldn't touch anything below your belly-button. A clinic employee now will gently slide the catheter a little ways into your urethra. Then the Radiologist will fill your bladder with contrast material, using a bottle with tubing connected to the catheter. As your bladder is filling, you will feel like you have to go to the bathroom. When you don't think you can hold another drop, tell the doctor. He will tell you to hold it for just a few more seconds while he takes a couple of pictures. Then, believe it or not, he will ask you to go to the bathroom right on the table! While you are urinating he will be taking some more pictures of your bladder emptying. You must lie very still so that the film doesn't come out blurry.

After the doctor has taken all of the pictures he wants, the Technologist will wipe off any contrast material that has spilled on you during the test. Then you go out to your dressing room to wait for a few minutes while your pictures are being developed. Also, if you are a little sore the next couple of times you go to the bathroom, don't worry, it will go away soon.

Radiology Department—the place in the Clinic where x-rays are taken.

Bladder—the sac where you store your urine in between the times you go to the bathroom.

Technologist—the very friendly person who helps the doctor and answers any questions you have.

Contrast Material—the liquid that the doctor puts into your bladder to make it show up on your x-ray.

Catheter—if you haven't already guessed, this is the thin, slippery rubber tube that the doctor uses to get the contrast material from the bottle to your bladder.

Urethra—the tube that your urine flows through from your bladder to outside of your body.

Radiologist—the Doctor who works in the X-Ray Department.

