

Let's Talk About...

Nuclear Voiding Cystogram

A nuclear voiding cystogram is a test used to find out if urine (pee) is flowing in the right direction through the urinary system.

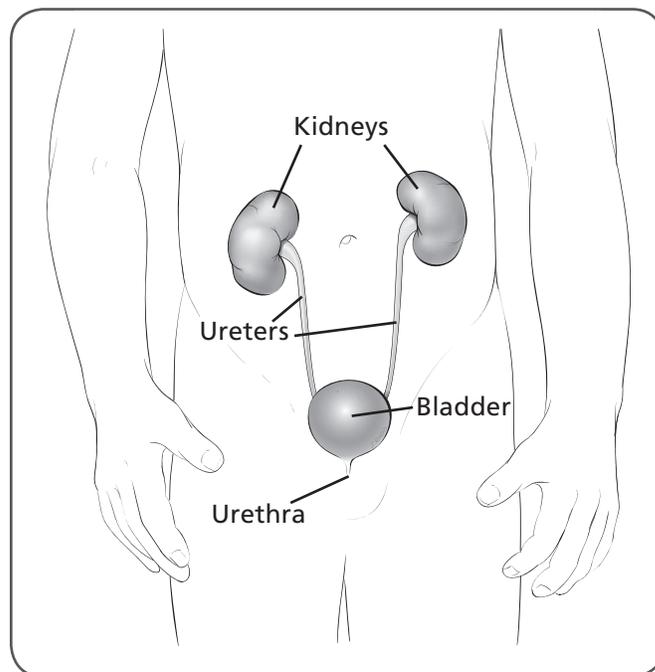
Normally, urine flows from the kidneys through the ureters, then to the bladder, and then leaves the body through the urethra. Sometimes urine can flow backwards from the bladder into the ureters and sometimes into the kidneys. This is called urinary reflux. If urine flows backwards it can cause infections and harm to the kidneys. This can be prevented if your doctor knows about the problem.

How is this test done?

First, your child will change into a hospital gown. The technologist will put a small tube called a catheter into your child's bladder. We will keep your child covered as much as possible to protect privacy. The technologist will clean the opening where urine comes out with an antibacterial soap. Then the technologist will put a small tube through this opening and into the bladder. This may feel slightly uncomfortable. Some children say they feel a pinch. Others say it feels like they need to pee.

Infants and young children lie down for the test. Older children sit up, if they are able.

The technologist will fill the bladder through the catheter. The bladder is filled with a mixture of water and a small amount of radioactive medicine. Older children will be asked to sit on a basin next to a large nuclear medicine camera. Infants and smaller children will lie down on the camera. The technologist will take pictures as the bladder fills. Then your child will be asked to pee into the basin while the technologist takes more pictures. When the technologist is finished taking pictures, your child can get up and use the bathroom. This test usually takes about 20 minutes



and parents can stay with their child for the whole exam. Deep breathing or squeezing someone's hand may help relieve discomfort.

How should I prepare my child?

There is no special preparation for this exam. If your child is old enough to understand, talk with them about the test at home before coming to the hospital.

Tell your child it is important for them to stay still and let them know that you will be with them during the exam. You may bring a favorite DVD, blanket or small toy. If your child is an infant bring a pacifier or bottle. For more information on preparing your child for this test, the Medical Imaging Child Life Specialist can be reached at 801.662.3701.

Checking in for this appointment

Please arrive at the Radiology Department 15 minutes before your child's scheduled exam time. The Radiology Department is on the first floor of the main hospital.

Are there any side effects or possible complications?

After this test your child's urine may look pink and it may sting for 1–2 days when your child pees. If either of these lasts longer than this, please call your child's doctor. The radiation from this test is very small and will be gone from your child's body within 24 hours.

How will I know the test results?

A pediatric radiologist will review all the pictures from the test and will send a report to your child's doctor. Your child's doctor will call you to review and explain the results within 2–4 days. If there are serious or unexpected findings, your child's doctor will be told before you leave the Radiology Department.