



ELLIOT GOES TO THE HOSPITAL

MY BODY NEEDS A VCUG



Hi, my name is Elliot!

I'm going to the hospital
because my doctor needs
pictures of my belly to see
how I pee!



Lots of kids come to the hospital to get pictures of the inside of their body. The hospital uses a special camera called an x-ray.

I can choose to bring a comfort item with me from home!

When I get to the hospital, we will walk to the Radiology front desk to let them know we are here. They will give me a hospital bracelet with my name on it.



Then, we will sit down. A nurse will
come meet us.



They will have me stand on a scale
to see how much I weigh.



They will check my temperature with
a wand that touches my forehead.



They will check my blood pressure using
a sleeve that gives my arm a hug.

They will check my heart, lungs,
and belly, using a stethoscope.



To check how my body is breathing, they
may use something like this. The light
will gently touch my finger.

I will change into hospital pajamas.



I may get medicine through a squirty medicine tube like this, or a cup, to help my body get ready for my VCUG.

They will put the light back on my finger.



Then, we will go to the x-ray room.

This is the x-ray room where I will
have my VCUG.



My grown-up will stay in the x-ray room with me. They will wear a special dress like this.

*Caregivers, please speak with your child's care team if you have any concerns about being in the room during your child's x-ray.



I will lay on the x-ray table. I will be covered with a warm blanket for privacy because I will not have any pants or underwear on.



I will lay on the table with my legs
in a “butterfly” position.

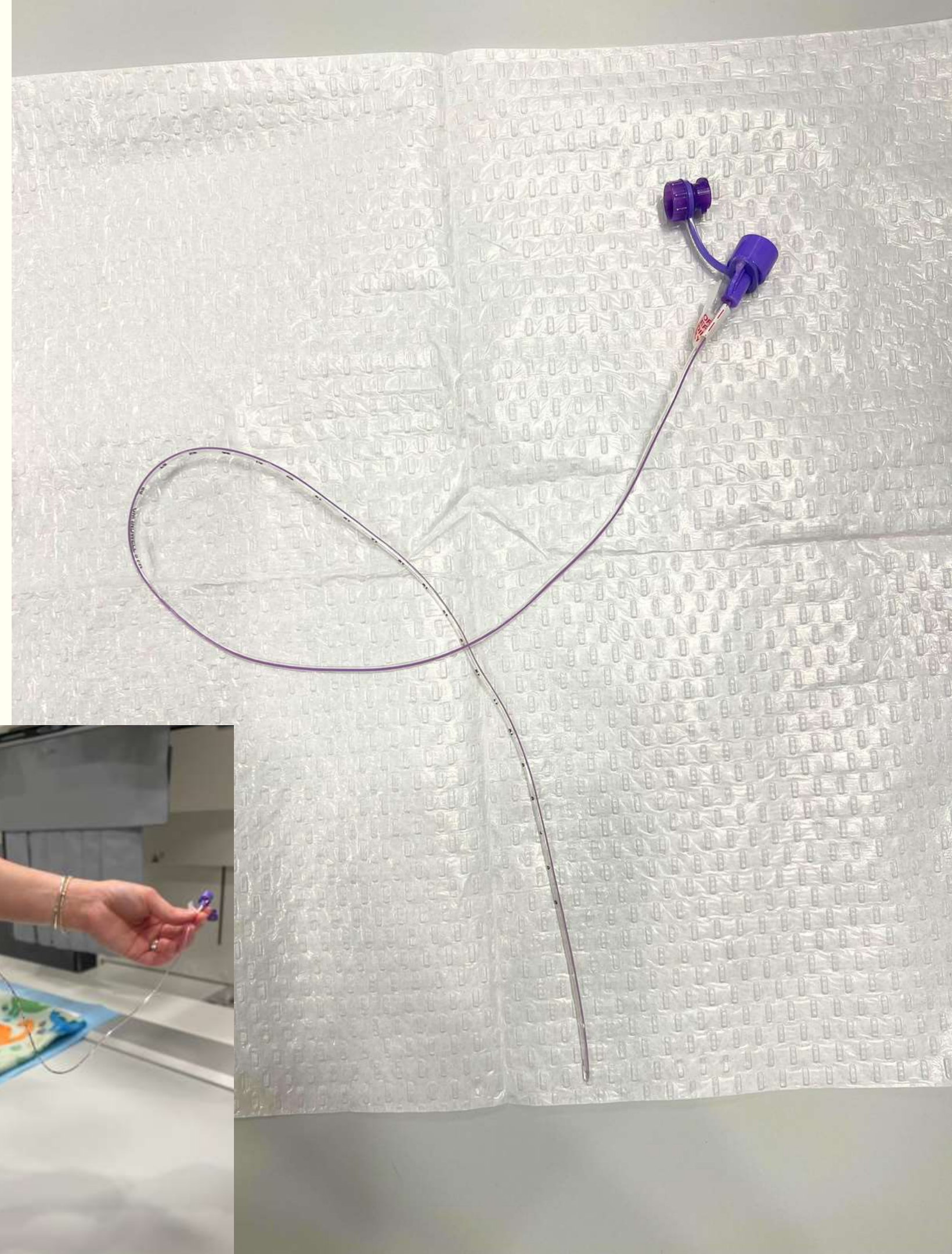


The nurse will use wipes and brown soap to clean the hole where my pee comes out. It will feel cold and wet.



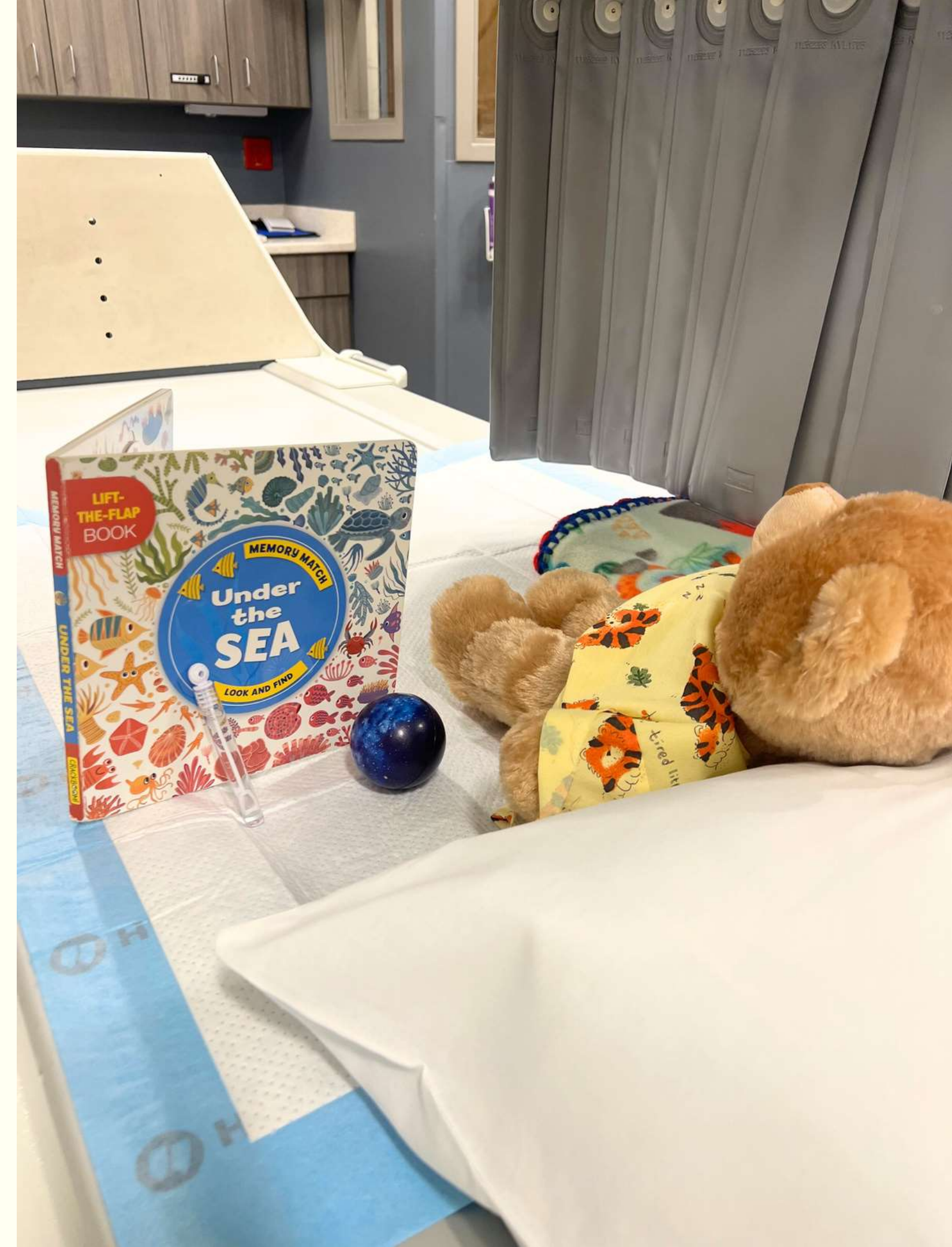
The nurse will put a small wiggly tube, called a catheter, into the hole where my pee comes out.

The tube is stretchy and can easily bend. It's about the size of a piece of spaghetti.

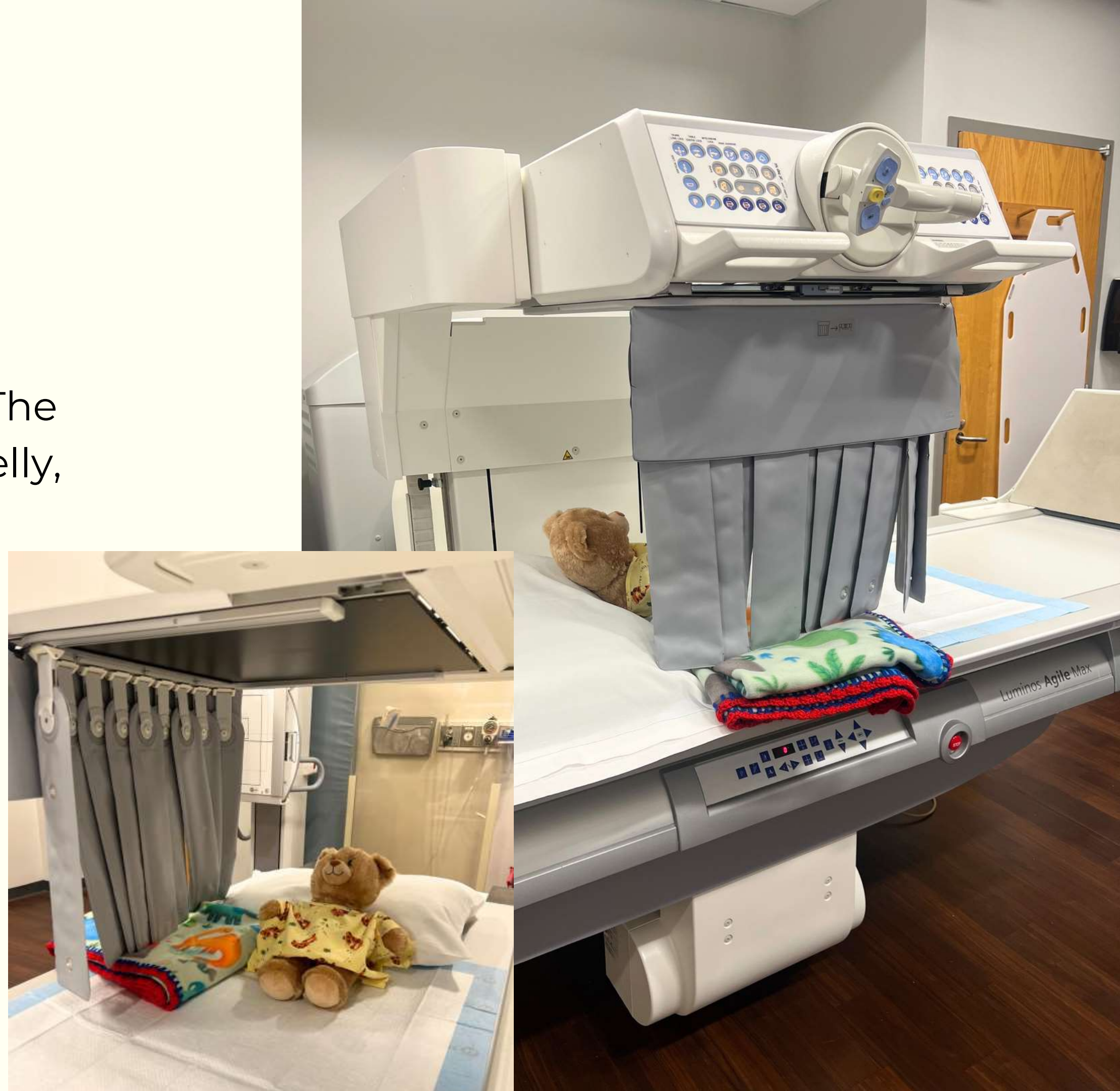


I can play with an iPad, listen to music, read a book, or squeeze a stress ball during my VCUG.

I can take slow deep breaths or blow bubbles to help my body to relax.



Now it is time for my pictures! The X-ray camera will go over my belly, but it will not touch me.



The nurse will put “picture water”, called contrast, in my catheter. This may make me feel like I have to pee.

When they tell me to, I will lay on my side.



When they tell me it's time, I will pee
while I'm still laying on the x-ray table.
There will be soft towels under me.
When I pee, the tube will slide out.

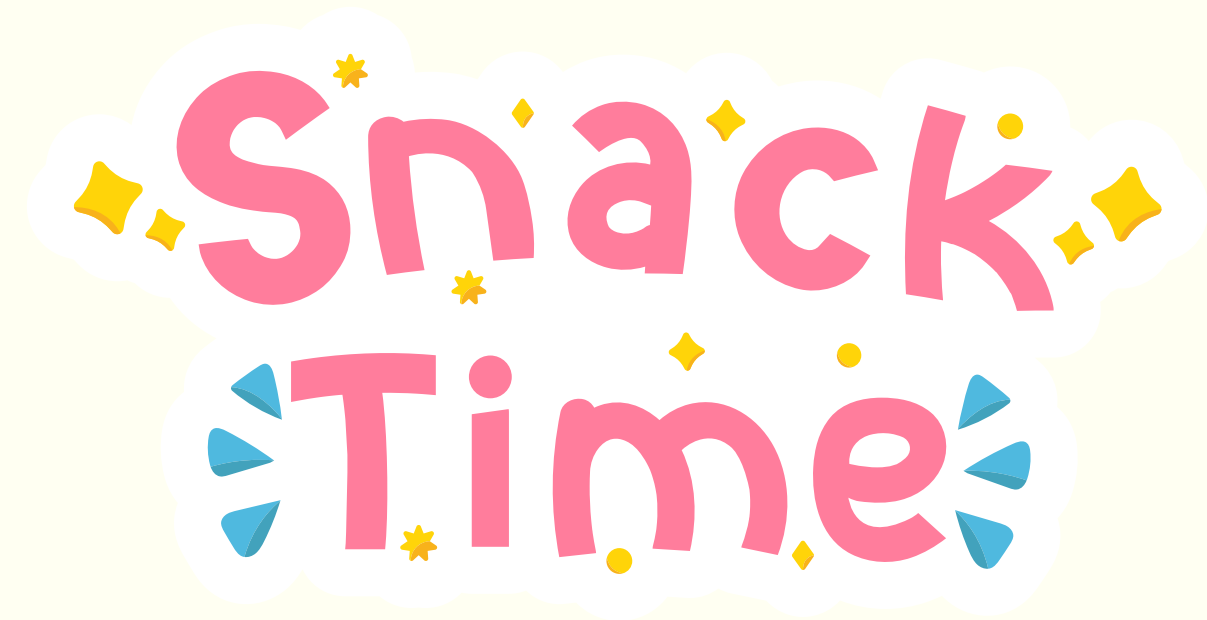


They will take one more picture with a
bright light.



Then, we will go back to the room I got ready in. I can eat a snack and relax with my grown up!

I will change into my own clothes and then go home!



When my VCUG is all done, everyone will be so proud of me!



Please contact our **Certified Child Life Specialist** team to learn additional ways to support your child before and during their hospital visit.

Office Phone: (603) 663-3416

Please Note: Your child's plan of care may change from the steps listed, to meet your child's individual needs.