

MANKATO CLINIC DIAGNOSTIC IMAGING PATIENT INSTRUCTIONS

Voiding Cystourethrogram (VCUG)

Patient: _____

Appointment Date: _____ **Time:** _____ am / pm

Location: Diagnostic Imaging Department at Mankato Clinic
1230 East Main Street, Mankato, MN 56001

What is VCUG?

A VCUG uses fluoroscopy (moving x-rays) and contrast (x-ray dye) to visualize the flow of urine in your urinary tract.

Before the Exam:

- One hour prior to your exam, avoid emptying your bladder.
- There are no dietary restrictions for this exam.
- If you think you could be pregnant please notify your physician right away.

During the Exam:

- You will be asked to undress. A gown will be provided.
- You will be asked to lie on your back on the exam table.
- A catheter (narrow tube) will be placed into your bladder.
- Your bladder will be filled with contrast.
- The radiologist will take images of your bladder until it is full.
- The catheter will be removed. More images will be taken while you are emptying your bladder on the exam table.

After the Exam:

- Drink plenty of water for the remainder of the day to minimize the risk of developing a urinary tract infection.
- It is common to experience a burning sensation the first time you urinate after your exam. If this continues or becomes worse you should contact your physician/health care provider.
- Males may experience some minor bleeding after the tube is removed. If the bleeding continues or becomes worse you should contact your physician/health care provider immediately.

Your exam will be reviewed and read by a Radiologist within the next 24 hours. A report will go to your provider for him/her to review. Your provider is responsible for communicating the results to you and this will be done by letter, a phone call, or a follow up appointment. If you don't have a follow up appointment scheduled and have not heard anything within a week, you have the right to call your provider's department and inquire about results.

If you are unable to keep your appointment or have questions about your exam, please call 507-389-8570.

Please check in at Patient Registration prior to going to the Diagnostic Imaging Department.