

Dear Parents,

My name is Lauren Capobianco and I am one of the Child Life Specialists at Baystate Children's Hospital. This letter is to help you prepare yourself and your child for a voiding cystourethrogram or VCUG. If you have any questions after reading this, please contact me at 794-0000, beeper 91175 Monday or Tuesday between 8:30am and 8:30pm.

- ◆ The information desk in the lobby of the Daly Entrance will be able to direct you to the appropriate area. There is free valet parking for you to use. If you haven't been contacted by the registration department, you could call them at 794-9600 or stop at the registration desk in the lobby the day of the test. This will take about 10-15 minutes so it's good to plan to come a little early. Once you get to the Radiology Department, a receptionist will be able to direct you to the appropriate department (Nuclear Medicine or Diagnostic Radiology). You will check in at the desk and have a seat in the waiting room. A Nuclear Medicine Technician or Child life Specialist will meet you there.

- ◆ An order from your doctor is needed to do this test. It must specifically request the department in which the physician orders the VCUG to be performed in. Please bring the order with you or have it faxed to:
Nuclear Medicine (413) 794-9928

- ◆ **Parents** are encouraged to accompany their child during the procedure for comfort, care, and support for your child.

- ◆ **Pregnant women** may be in the room for this test.

- ◆ **Other children** cannot be in the room during this test. Please make prior arrangements so they can be cared for at home or bring another adult who can accompany them in the waiting room.

- ◆ The Child Life Specialist or a technician will take you to a private room where we will explain the procedure to you and your child. At this time we will answer any additional questions or concerns you may have.

- ◆ The entire process will take about an hour which includes some talking time before the test.

- ◆ You will not receive an official reading of the test results immediately following the procedure. Test results take about two days to go from our doctors to the doctor who has referred you.

What your child will need to know about a VCUg in Nuclear Medicine

This test is called a VCUg. It is done in a special room in the radiology department of the hospital. There will be several people in the room with you during this test. People called technologists are there to work the camera. Sometimes a person called a child life specialist will also be there to explain the test to you and answer any questions that you have. They will also bring things for you to play with during the test.

Your parents can stay right with you through the whole test. First we will have you undress from the bottom down. You can leave your own shirt on if you would like. We will give you a blanket to cover up with and as soon as you are all done with the test, you can change back into your own clothes to go home. Our nuclear medicine technicians and child life specialist are here to help you during this test.

Next you will lie down on our table. We will have you bend your legs up like a frog's legs. We will clean the area where you pee with some special brown soap. It may feel cold and wet. We will gently slide a small tube called a catheter where you pee. This feels different for everyone. Some people say it makes them feel like they need to pee. Some people say it feels a little uncomfortable but only for a moment. Most people tell us they can't feel the tube once it is taped in place.

Now we start taking pictures. You may have had this test done before in a different part of the hospital, where there was a very big camera that gets close to you. This time will be a little different. Our camera will be underneath the table that you lay on. Sometimes it gets just a little bit dark while we take the pictures, but there is enough light so you can still see to read a book or play with a small toy or game. We have some toys for you to play with, but you can also bring a favorite book or toy with you.

We will connect the catheter to a bag of special water that will help us to see inside of your body very clearly. As the special water goes into the catheter you will start to feel very full, like you need to pee. You can help us by letting us know when you feel like you really need to pee.

The next pictures we need are while you are peeing the water out of your body. If you have had this test done before, you may have had to lie down while we took these pictures. Our test is a little different. Once you feel very full, we will move your bed and turn the camera onto its side. Then we will slide the tube out of you. You will be able to sit on a special potty in front of the camera while you are peeing out the special water. After you are finished, your parents can help clean you up.

Then you can get dressed in your own clothes and go home.

Here is what your child will need to know about a VCUG in Diagnostic Radiology

Your parents can stay right with you through the whole test. First we will have you change into the hospital pajamas. As soon as you are all done with the test, you can change back into your own clothes to go home.

Next you will lie down on our table. We will have you bend your legs up like a frog's legs. We will clean the area where you pee with some special brown soap. It may feel cold and wet. We will gently slide a small tube called a catheter where you pee. This feels different for everyone. Some people say it makes them feel like they need to pee. Some people say it feels a little uncomfortable but only for a moment. Most people tell us they can't feel the tube once it is taped in place.

Now we can start taking pictures. You will see that our camera is very big and will be close to you, but will not touch you. It will get just a little bit dark while we take the pictures, but there is enough light so you can still see to read a book or play with a small toy or game. We have some toys for you to play with, but you can also bring a favorite book or toy with you.

We will connect the catheter to a bottle of special water that will help us to see inside of your body very clearly. You won't feel the water until you start to feel very full, like you need to pee. Once you are feeling full, the doctor will ask you to roll onto each side as we take pictures.

The next pictures we need are while you are peeing the water out of your body. We will have special blankets underneath you that will catch all of the special water, or sometimes we will give you a cup to pee into. It may seem strange to pee while you are lying down, but try to remember that it's not pee, it's special water. While you pee out the special water, we will slide the tube out of you. Once all of the water is out, we will get rid of the wet blankets and take one last picture. For this one there will be no tube or peeing. You will lay on your back while we take a quick picture.

Then you can get dressed in your own clothes and go home.

July 20, 2007

Dear Clinician,

We are three of the Child Life Specialists at Baystate Children's Hospital who support the families you refer for a voiding cystourethrogram. We are writing to you to offer our support to your patients and families who are referred for voiding cystourethrograms (VCUG). Enclosed are informational letters to help prepare them when this procedure is scheduled.

VCUGs can be performed in two areas in our hospital, Diagnostic Radiology and Nuclear Medicine. Maureen Howe is specifically assigned to be with those children who are scheduled in Diagnostic Radiology. Lauren Capobianco and Elizabeth Fortini are the Child Life Specialists who are assigned to help support the children and families who go to Nuclear Medicine for their VCUGs. We all can be reached by calling the Child Life Office at 794-3145. The enclosed are area specific teaching sheets that are beneficial for both studies.

The most accurate test results for a VCUG are obtained when the child voids spontaneously. This will maximize the sensitivity for reflux detection and urethral anatomy. If you are concerned that your patient requires sedation during a Diagnostic Radiology VCUG please contact one of our Pediatric Radiologists to discuss available options. If it is agreed that IV sedation is the best option you will then need to contact Access to book this procedure with the Pediatric Intensive Care Unit. A PICU attending will contact you directly to discuss details related to the sedation. If you are considering sedation for your patient scheduled in the Nuclear Area, please contact Dr. Gianturco to discuss the most effective option.

When you have a patient who is being scheduled for a VCUG, please fax your order to the specific department and give the family a copy of the enclosed preparation sheets specific to area the test is scheduled. Please have your office staff make additional copies for distribution. The information will answer questions for both parents and children. Although it is directed particularly to school age children, other age groups will find the information useful. We welcome you or your families to contact us at 794-3145.

Sincerely yours,

Maureen Howe B.S. CCLS
Lauren Capobianco B.S. CLS
Elizabeth Fortini B.S. CCLS