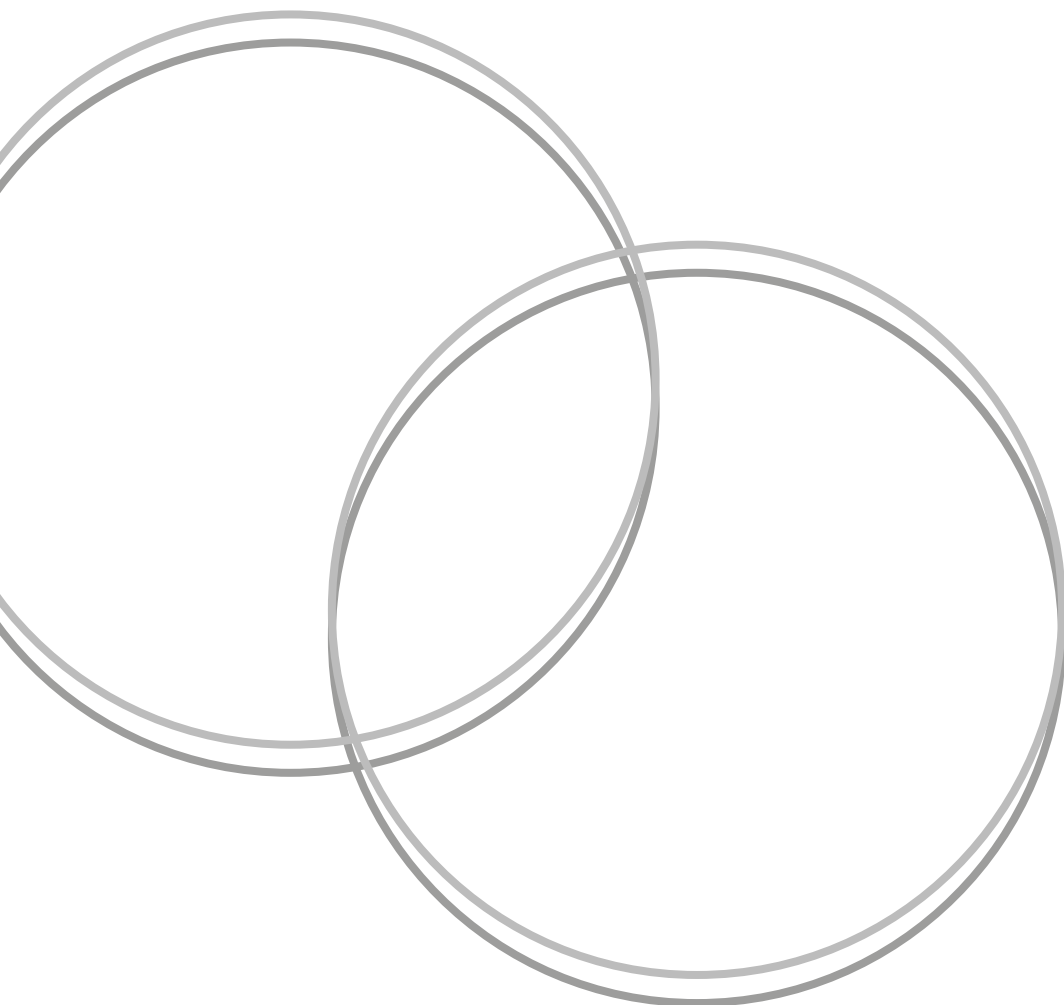


# Paediatric Micturating Cystourethrogram

Information for patients

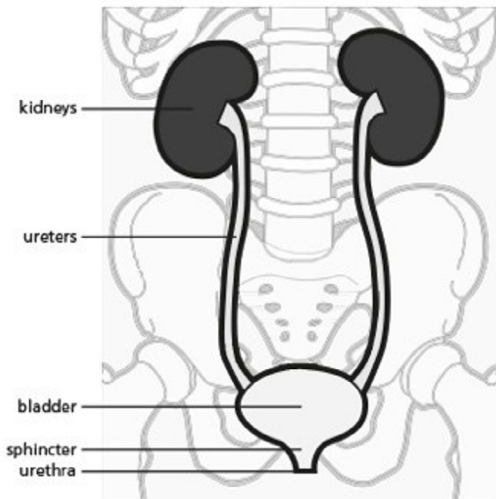


Your doctor has referred your child for a Micturating Cystourethrogram (MCUG) to look at their urinary system.

We have written this information leaflet to help you and your child to understand this test. We hope it answers some of the questions you may have and helps you and your child to feel more prepared and relaxed.

## What is an MCUG?

An MCUG is a way of looking at the bladder and the kidneys. It uses X-rays and a special dye to enable the doctors to assess your child's urinary tract. The doctor may have sent your child for the test if they have had urinary tract infections/urinary incontinence (leakage). The below image shows the urinary tract.



## **What should I do in preparation for the test?**

It is necessary for your child to be prescribed antibiotics which must be taken the day before, the day of, and the day after the test. Please contact your GP or referring doctor to obtain your child's prescription. We cannot do this test if your child has not taken the antibiotics.

Please ensure your child is wearing suitable clothing that will need to be easily removed so it doesn't get messy. Please make sure none of the clothes have anything on them that will show up on the pictures. This includes everything metal: including zips and jewellery, thick clothing like jumpers, or glitter/sequins.

## **What does the test involve?**

The radiologist/nurse will insert a catheter (small flexible plastic tube) into the bladder using numbing jelly to reduce discomfort.

The bladder will be filled with a special X-ray dye through the catheter and the radiologist will take pictures throughout the test and as your child urinates. Your child may have to lay on their back and turn onto their side during the test. We sometimes fill the bladder again and repeat the process to look at the bladder filling and emptying twice.

At the end of the test the catheter is usually removed.

## **How long does the test last?**

The time the test takes to complete varies from child to child, but should take no longer than 20-30 minutes.

Normally we ask for one parent/carer to stay next to your child during the test to offer support and reassurance, and to make sure they are safe whilst moving around during the X-ray. You will be asked to wear a protective lead apron, which is quite heavy. This helps to protect your body from the X-rays during the test.

We cannot allow you to stay close to your child if there is any chance that you may be pregnant, as the radiation from the X-rays can be harmful to an unborn baby. You will be able to remain in the room but would need to stand behind the lead screen if there is a chance that you may be pregnant. If you think that you may be pregnant you may want to bring someone to stay next to your child whilst the test is being carried out.

We cannot allow children under 16 to come into the X-ray room as they may also be affected by the X-rays. If you have younger children with you, please bring someone else to care for them in the waiting room whilst we are carrying out the test.

## **Are there any risks?**

Everyone is exposed to ionising radiation all the time (for example from gamma rays from space, air travel, and natural radiation from the ground). This test will give your child a small extra dose of ionising radiation in the form of X-rays.

Your doctors have taken this into account when asking your child to have this test and believe that, despite this small additional exposure to radiation, it is still in their best interest for them to have the test. We can adjust the levels of radiation used for the X-rays so that we only use the lowest dose we need to get the required images.

If your child is aged 12 or over, you will be asked to complete a form to establish their gender at birth. If your child was born female, you will be asked to record the date of her last period. As the test uses radiation, we have to ensure that there is no chance of pregnancy before we start the examination.

The form must be completed by female patients even if they have not yet started their periods, as we still legally have to confirm that she could not be pregnant.

## **What do I need to bring with me?**

Please bring:

- Comforters or special toys which are familiar to your child
- Activities to entertain your child whilst waiting

For this test it is best for your child to be completely undressed, to avoid clothes becoming wet/ dirty during the test. Please bring a change of clothes and nappies if your child wears one, with you.

## **Is there anything I should do to prepare my child?**

Please make sure that you follow the instructions in your child's appointment letter.

It is important that you talk with your child about their visit to hospital and the test at a level that you think they will understand. Involve them in preparing to come for the test. Books and stories might help with this.

If they are well prepared and know what to expect, they will be happier to go along with what we will ask them to do during the test. It may also help them to cope better afterwards and not be upset by the experience.

## **Is there anything I need to do after the test?**

Once the test is complete your child can go back to their usual routine. The X-ray dye that we use for the test is clear and very sticky so you may notice that your child's nappies are stickier than usual. This can be washed off with warm water.

Please ensure the antibiotic dose is given the day of the test and the day after the test to reduce the risk of infection.

## **When and how will we know the results of the examination?**

The radiologist who carries out the test will be able to talk to you about what they have initially seen of the X-ray images at the end of the examination.

A formal report will be sent within the next few days to the person who referred your child for the test.

The results will be discussed at your child's next outpatient appointment. If they do not have one booked or you do not hear anything within three weeks, please telephone your referring doctor for advice.

### **Please note:**

**If your child has any special needs or requirements, or you would like some more information about the test, please telephone the Radiology Department on the number given in your appointment letter.**

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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