Preparing for a CE-VUS

Ann & Robert H. Lurie
Children's Hospital of Chicago®

Welcome to Ann & Robert H. Lurie Children's Hospital of Chicago!

This book will help explain what a CE-VUS is and what to expect during your visit to the hospital.

If you have any questions, do not be afraid to ask. We are all here to help.

What is a CE-VUS?

Have you ever heard of an ultrasound? An ultrasound is a special type of picture that shows the inside of your body.

Today you are going to get a type of ultrasound called a CE-VUS, which stands for *Contrast Enhanced Voiding Urosonography* (pronounced “yur-oh-sohn-AH-graph-ee”). Your doctors have decided that you need to have a CE-VUS done because they need to look at a part of your body called the urinary system. This system in your body includes your kidneys, bladder, urethra, and ureters.

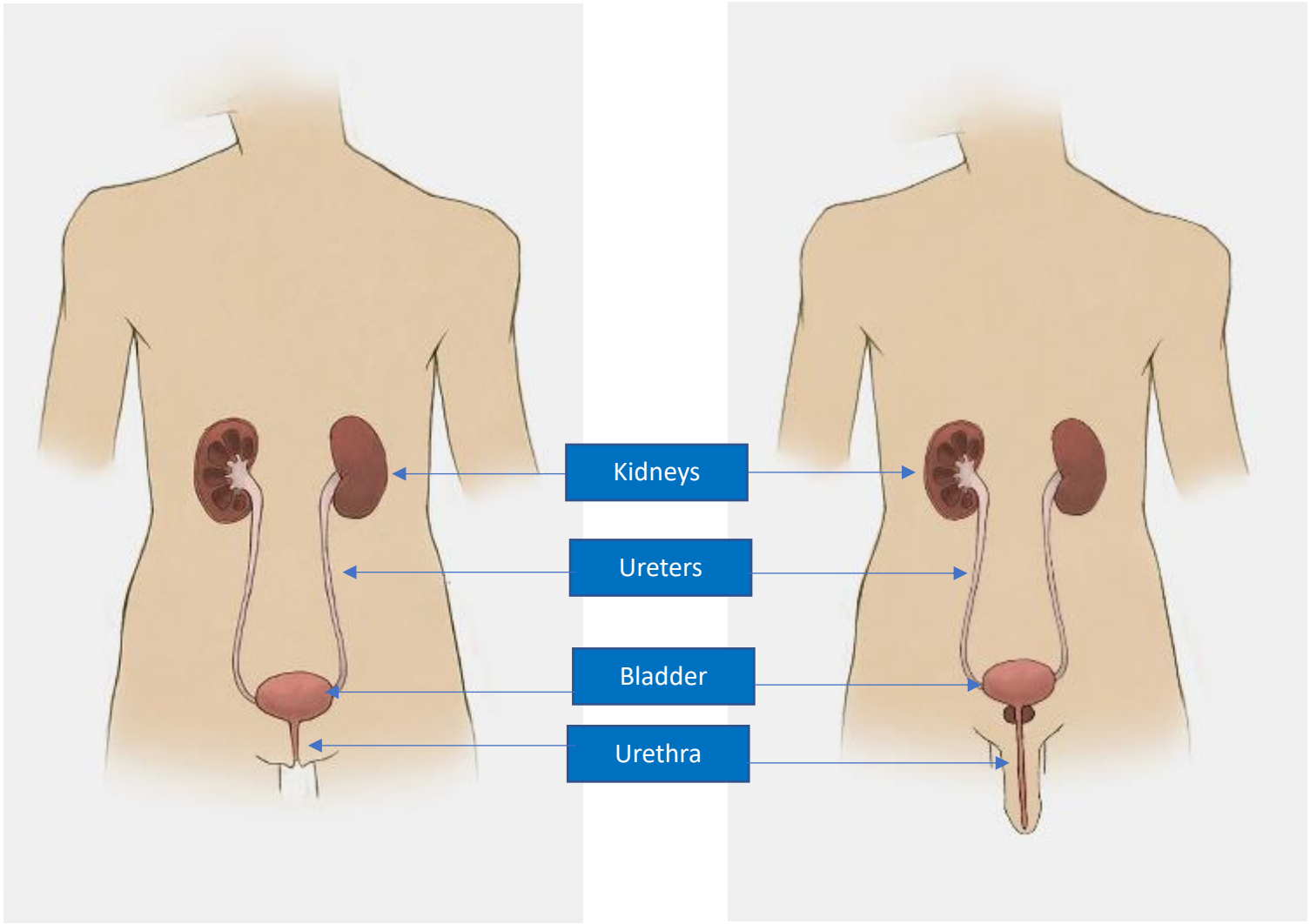
Everyone’s body needs a way to get rid of stuff that it doesn’t need. One of the ways your body does this is by peeing. First, your **kidneys** filter out things your body doesn’t need and turns them into urine (or pee). The **ureters** are thin tubes that send the pee from your kidneys to your **bladder**. Your bladder is a sac that holds your pee until you are ready to pee it out of the **urethra** (a tube that carriers your pee to the outside of your body).

Lots of kids have problems with how they pee. Some kids say it hurts to pee and other kids say it is hard to pee. In this booklet, we are looking at what happens inside your body when you go pee.

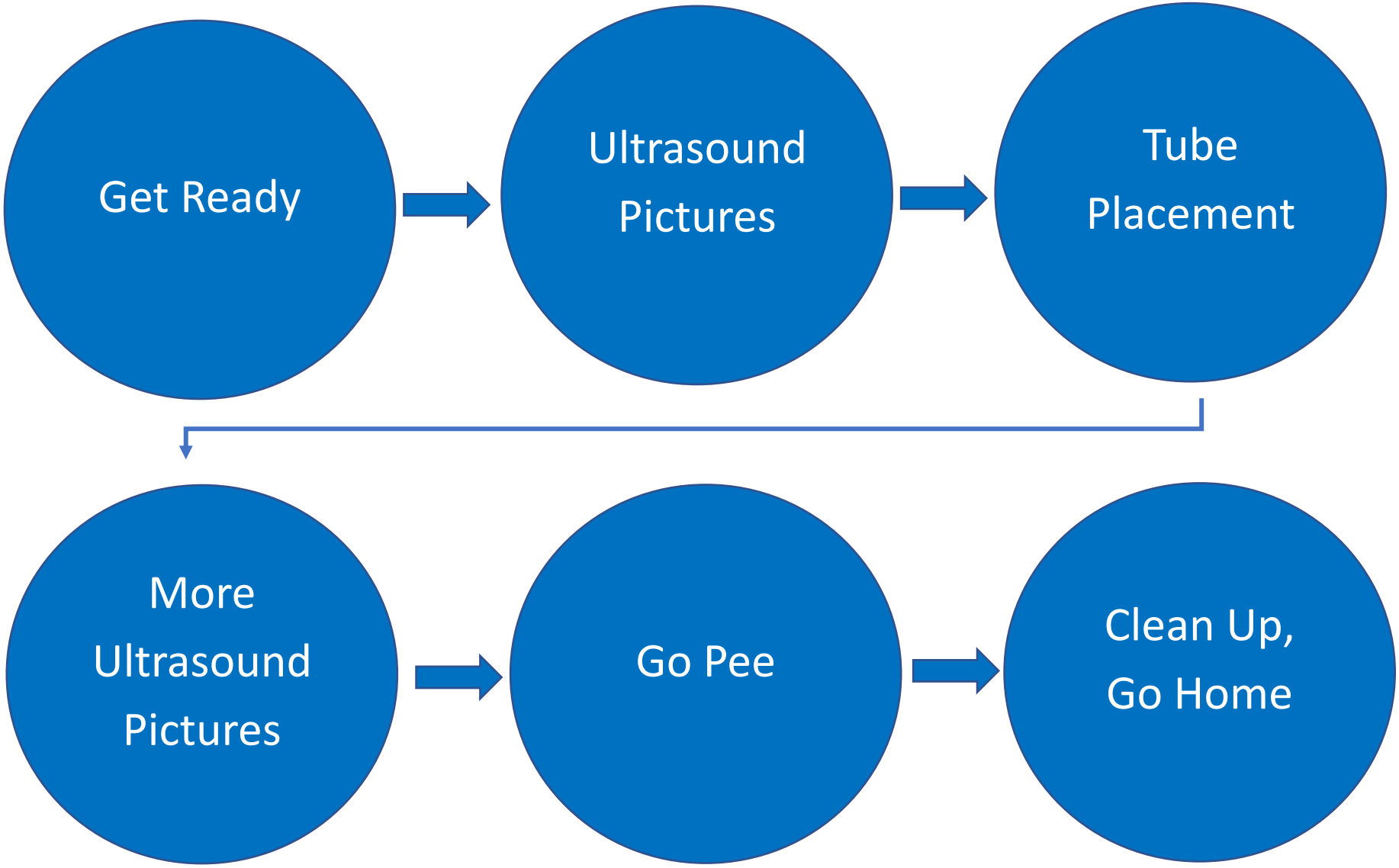
The Urinary System

People with a vagina

People with a penis



What are the steps?



Get Ready

You will come to the hospital and check in on the 2 floor and then again on the 4 floor. There is a special place for you to wait on the 4 floor. You can bring something from home to play with while you wait. When we are ready for you, we will let you know by calling your name. Your grown-up will stay with you the entire time.

We are going to ask you to change into a hospital gown to keep your own clothes dry and clean.

Welcome to the CE-VUS room!

This is the ultrasound machine that will take pictures of the inside of your body using a special camera that connects with a long cord.

After you change into the hospital gown, you will lay down on the bed where you see the teddy bear.
It is your job to keep your body still and relaxed. It is okay if you are nervous, we are here to help you!

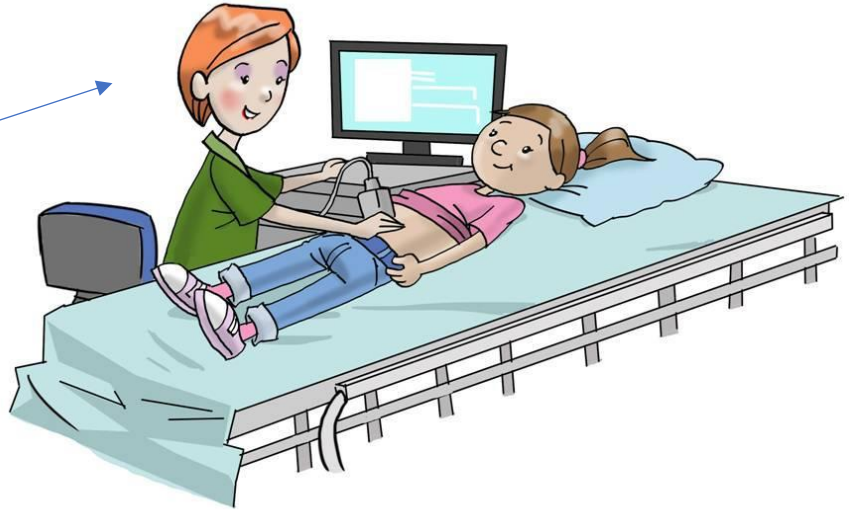
Some kids choose to play a game or watch a video on a tablet, others want to take deep breaths, sing songs, or squeeze a stress ball.

Ultrasound Pictures

The transducer or *ultrasound wand* is a camera uses sound waves to take pictures, but it will not make any noise. The sonographer will move the smooth part of the ultrasound wand across your stomach to take pictures.

To make the wand move easily, they will use a special type of gel. This gel is warm at first, but some kids say it starts to feel cooler as the sonographer takes the pictures.

The lights will be down during the ultrasound so the room may be a bit dark. This is so the sonographer can see the pictures on the screen more clearly.

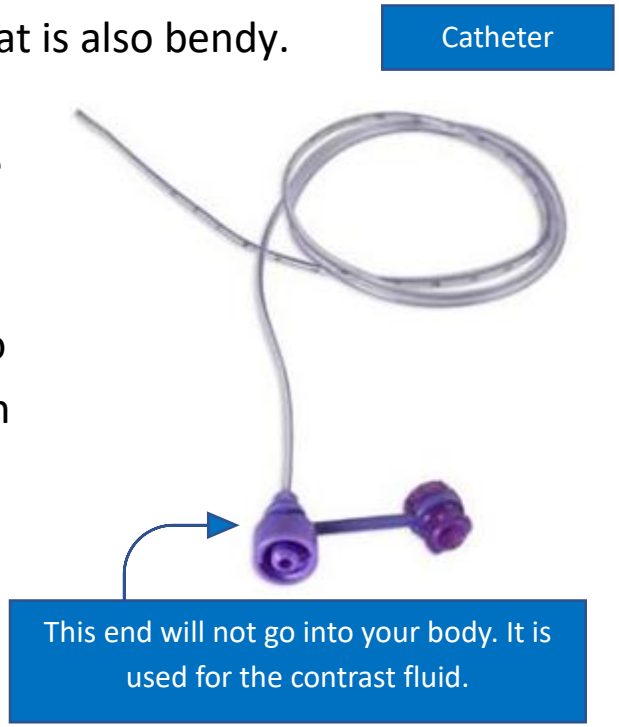


Tube Placement

After the first few pictures, it is time to put the catheter (tube) in your urethra. Your urethra is the hole where you pee from.

During this part, doctors, technicians, or other medical people will need to look at your penis or vagina. This is okay only because your grown-up is going to give us permission to look at the parts of your body that help you pee.

A catheter is a skinny, small tube that is also bendy. Before we put this in your urethra, we will clean the skin outside your vagina or your penis with some cold soap. This is to make sure everything is very clean.



Then, we will put some cold, slippery jelly on the end of the tube so that it slides into your urethra super easily. Most kids say that when the tube goes in, it feels cold, weird, and a little uncomfortable. This part happens so fast!

Once the tube is in your urethra, we will keep it in place with a little bit of tape.

Body Positioning

It is really helpful when you hold still and focus on big, deep breaths. The big, deep breaths will help your whole body and your brain relax. You can also choose to do something to keep your brain busy and your body still.

If you have a penis, we will ask you to lay on your back with your legs out straight.

If you have a vagina, we will ask you to make your legs into a butterfly shape. Touch your feet together with your knees to the side. Then, lay down on your back while keeping your legs in this butterfly position.

More Ultrasound Pictures

After the tube is placed, a couple more doctors will come into the room to look at the pictures. Then, your bladder will start to fill with something called contrast fluid through the tube. Think of contrast fluid as “picture water”— it is a liquid that the doctors can see when they take the ultrasound pictures. Some kids say that when the contrast fluid goes into their bladder, it feels a little cold.

As your bladder fills with contrast fluid, the sonographer will continue to take pictures with the ultrasound wand. Remember that the ultrasound wand will touch your skin and you will feel pressure on your stomach and bladder. You may be asked to move a little bit from side to side.

How can we keep our body calm?

What is your job?

1. Hold your body still
2. Tell the doctor when it feels like you have to go pee

Go Pee

As the doctor takes ultrasound pictures and your bladder starts to feel full, we're going to ask you to do something that might feel a little strange. We're going to ask you to pee on the bed!

The reason we do this is so that we can see what happens inside your body when you pee. This is an important part of the pictures. We know that this is a REALLY different thing to do, but you will be on a special bed that is made for this.

It might feel a little funny to go pee with the catheter (tube) in your body, but it is small enough that you can pee around it. Sometimes the tube comes out when you pee – but that's OK!

If you want, we can also give you a special container to pee into while you are laying on the bed – it is your choice. This is called a bedpan if you have a vagina and a urinal if you have a penis.

Clean Up, Go Home

Once the contrast fluid is out of the bladder and you have finished peeing, the doctor might want to take a couple more pictures. You'll know the pictures are all over when we wipe the gel off your stomach.

Then, we will take the tape off your skin and the tube out of your urethra.

You will be able to clean up and change back into your clothes. Now it is time to go back home with your grown-up.

If you have any questions about the CE-VUS, please ask!

All,
for
your
one.®