

Use the **VUR Index** to Help Inform Your Patient's VUR Management Plan

The Vesicoureteral Reflux Index (VURx) can predict primary VUR improvement or resolution in children.^{1,2,3}

While VUR grade plays an important role in assessing the severity of the VUR, the VURx accounts for other important factors which can help you determine the best management plan for your patient.

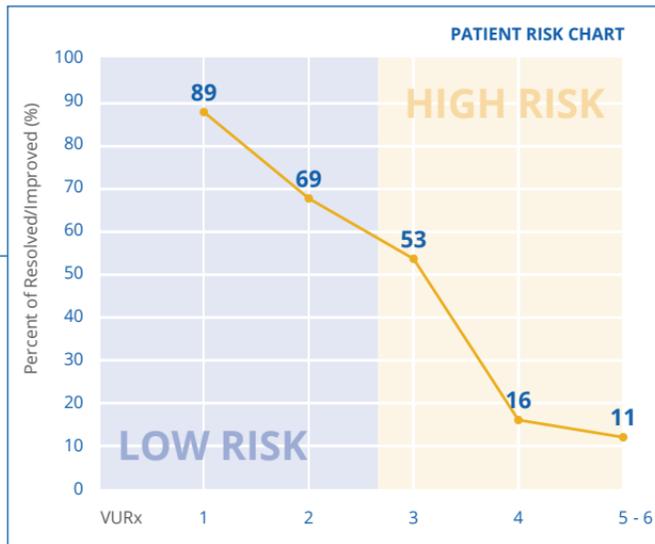
VURx is more predictive of breakthrough UTIs than international reflux grade alone.⁴

Use the VURx scoring chart to the right to calculate the probability of spontaneous resolution and the risk of future or recurrent fUTI, referenced in the charts below.

VUCG DATA	SCORE
Timing of Reflux 3 Filling (Early-Mid) 2 Filling (Late) 1 Voiding (Only)	<input type="text"/> +
Ureteral Anomalies (Duplex/PUD) 1 Present 0 Absent	<input type="text"/> +
VUR Grade 1 High (4-5) 0 Low-Mod (1-3)	<input type="text"/> +
Gender 1 Female 0 Male	<input type="text"/> ↓
TOTAL	<input type="text"/> out of 6

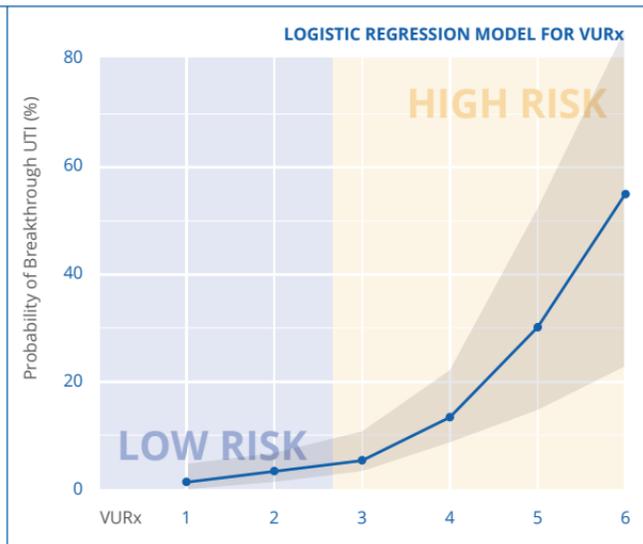
Refer to charts on back for how score impacts patient risk →

Probability of spontaneous resolution*



* Within 2 years for children under 2 years of age.¹ Resolution less likely as VURx score and time from diagnosis increase for children over 2 years of age. Resolution is defined as no VUR or 2 or more grade improvement.³

Risk of future or recurrent fUTI⁴



Reference

1. Kirsch AJ, Arlen AM, Leong T, Merriman LS, Herrel LA, Scherz HC, Smith EA, Srinivasan AK. Vesicoureteral Reflux Index (VURx): A Novel Tool to Predict Primary Reflux Improvement and Resolution in Children Less than Two Years of Age. *J Urol*. 2014 Dec;10(6):1249-54.
2. Arlen AM, Garcia-Roig M, Weiss AD, Leong T, Cooper CS, Kirsch AJ. Vesicoureteral Reflux Index (VURx): Two Institution Analysis and Validation. *J Urol*. 2016 Apr;195:1294.
3. Garcia-Roig, M, Ridley DE, McCracken C, Arlen AM, Cooper CS, Kirsch AJ. Vesicoureteral Reflux Index: Predicting Primary Vesicoureteral Reflux Resolution in Children Diagnosed after Age 24 Months. *J Urol*. 2017 Apr;197:1150-1157.
4. Arlen AM, Leong T, Wu CQ, Traore EJ, Cooper CS, Kirsch AJ. Predicting Breakthrough UTI: Comparative Analysis of VUR Index (VURx), VUR Grade and Ureteral Diameter Ratio (UDR). *J Urol*. 2020 Sept;204:1-6

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