



What to Expect
When You Come for the
Urodynamics Study (UDS)
at Seattle Children's

A note about this book:

This book is for children of all ages. It explains a common patient experience of going through a Urodynamics Study, also called a UDS, in the Urology clinic at Seattle Children's.

Because children have different reasons for coming for a UDS, some sections may not apply to your child. Some children can handle a lot of information while others may become anxious. You know your child best: choose which sections to share.

If your child will be going through the Surgery Center for the catheter placement, start by reading our prep book "What to Expect on Your Surgery Day at Seattle Children's Surgery Center." Then, start on page 12 of this handout to learn more about the rest of the day.

What you can do

We encourage you to be present and supportive of your child during these appointments. Ask your child and hospital staff how you can help. This test will involve at least 2 appointments.

Important note: Pregnant women and other children cannot be in the UDS room during the test.

For questions or to schedule a consult with a Child Life specialist (includes medical play, coping strategies and/or a tour), please contact:

Seattle Children's Child Life Specialists
206-987-2145

You are coming to the hospital for a UDS (Urodynamics Study). Many kids come to Children's for this same study.

You might have a lot of questions. Read on to learn what your day will be like.

Who do you think you will meet? What are they going to do?





The UDS test will help your doctor learn more about how your bladder works when you pee. Your bladder is the part of your body that stores your pee before you go to the bathroom.

Can you find the bladder?

When you come to Seattle Children's with your parent or caregiver, first you will stop at the entrance desk to check in. Then, you will go to the patient registration desk and they will give you a bracelet that has your name and birthday on it. After that, you will wait for your name to be called.



Many people will want to look at your bracelet. How many people do you think will ask to see it?





When it is your turn, a nurse will call your name and ask to see your bracelet.



Next, you will go to the UDS room. The nurse might check your height, weight, blood pressure and temperature.

There are many different pieces of equipment in the UDS room. Some things will be used for the test and some will not.

A nurse and your parent or caregiver will be in this room with you the entire time. Sometimes a Child Life specialist is here too.



What do you see in this room? Do you see the red sea urchin on the wall? Did you know that they have hundreds of sticky tube feet that help them crawl on rocks and sand? They even have spines!





You may be asked to use the bathroom and change into a gown. The nurse may also put a plastic “hat” in the toilet to collect some of your pee to make sure you are ready before you start the test. While you are in the bathroom, you will change into a gown and also take off your underwear.

Some kids and teenagers are in diapers or pull-ups, and they do not go to the bathroom in the toilet. That’s OK! You can just change into your gown.



Next, you will lie down on the exam bed. You can have your blanket or stuffed animal with you too. This is the time that you can also pick out a movie! Your parent or caregiver will be sitting right by you.

What are some of your favorite movies?





To see how your bladder works, the nurse is going to place a small, soft, flexible tube where your pee comes out. The tube is called a catheter. It is about the same size as a spaghetti noodle.

A Child Life specialist can show you what a catheter is like or help you practice with a doll before the test.

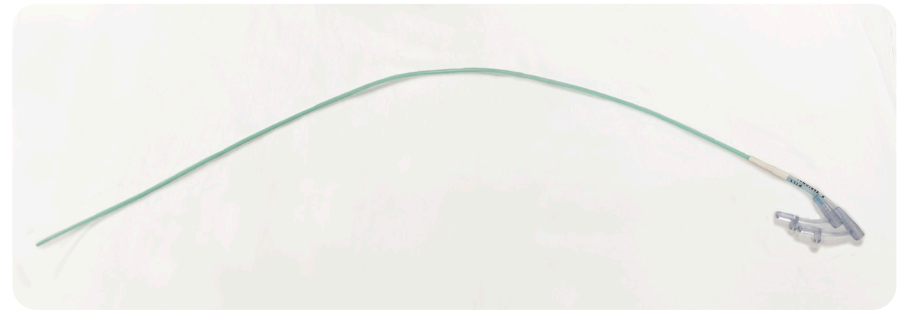
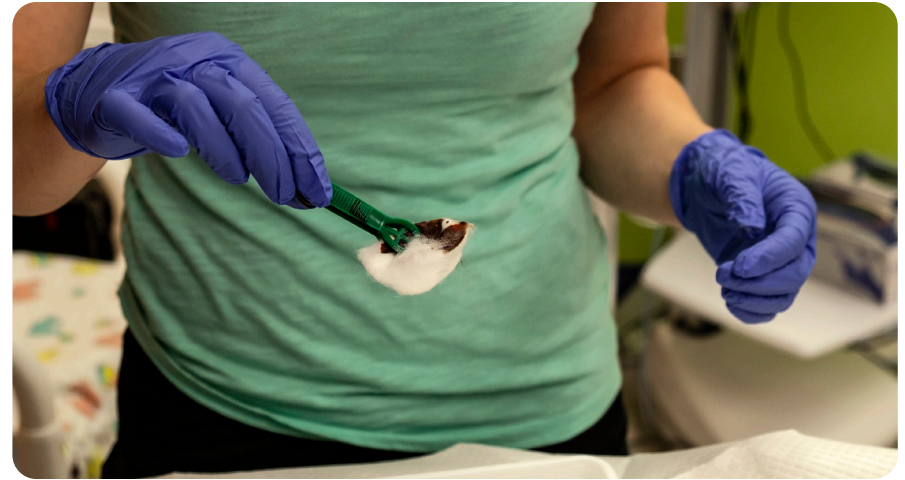
First, you will be asked to do this:

Girls: Make frog legs or butterfly legs by touching the bottoms of your feet together.

Boys: Lie down with your legs out straight.

The nurse will clean the area where your pee comes out with brown soap and put on numbing jelly so you won't feel the catheter as much. It might feel cold!

Then, the catheter will be gently placed.



When the catheter is placed, it helps to take a few deep breaths! Can you practice taking 3 deep breaths in and out?

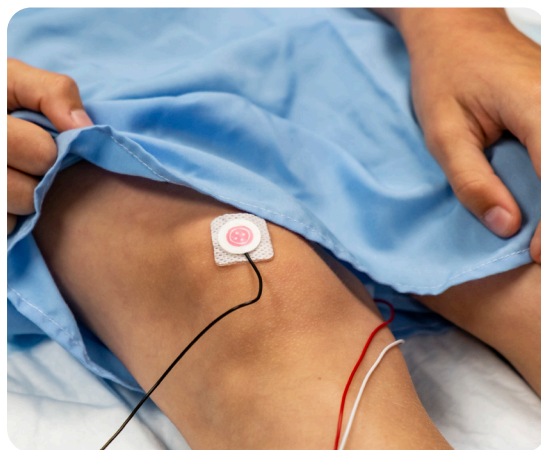




To help the catheter stay in place, the nurse will tape it on your leg with a few pieces of tape. The tape will come off when the catheter comes out at the end of the test.



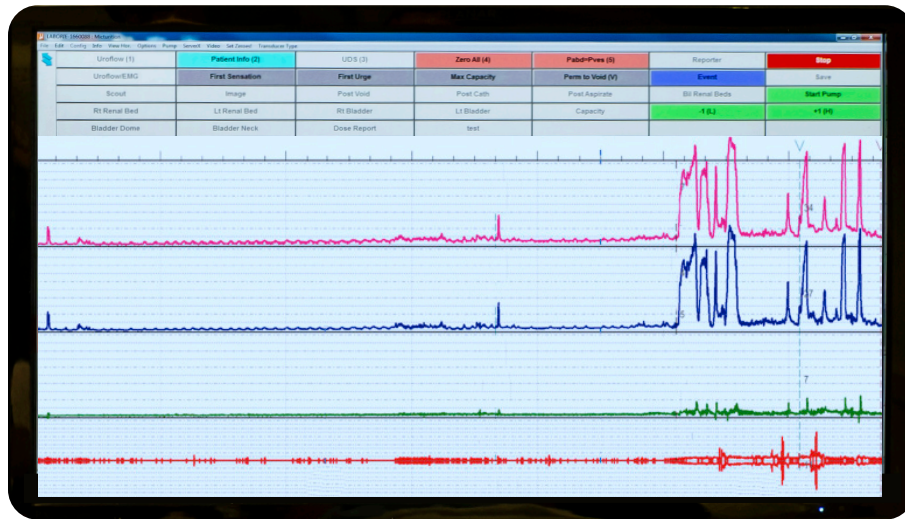
Next, you will be asked to turn slowly on your side towards your parent or caregiver. The nurse will gently place a very thin catheter into your bottom.



The nurse will also put 3 stickers on your skin. These stickers are called leads. One goes on your knee cap, and two go on your bottom. You can roll on your back when you are done with this step.

The tubes and stickers will be connected to a few other tubes. Those tubes will be attached to the computer that the nurse will be using.





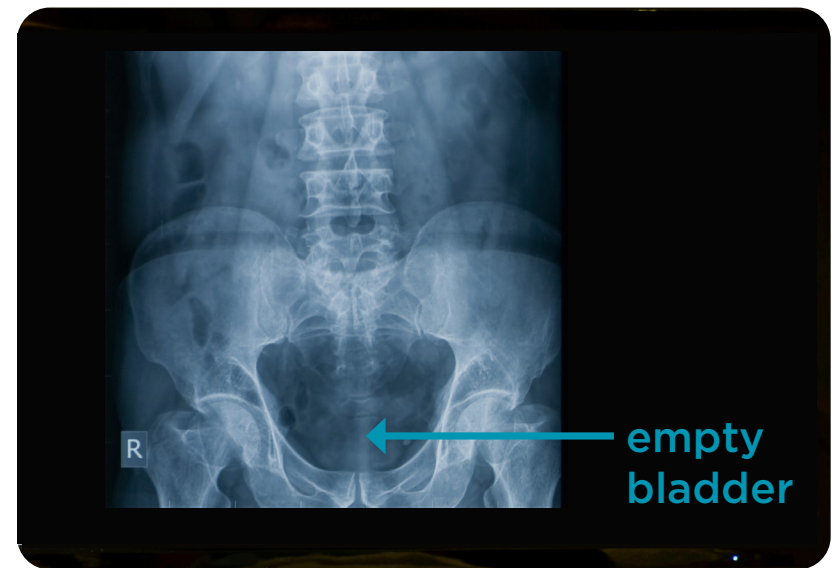
The nurse will ask you to cough to make sure that all of the catheters and stickers are working and in the right place.

The nurse will then ask you and your parent or caregiver about how you use the bathroom at home and school and any challenges you might have with that. If you do not know all of the answers, that is OK! Your parent or caregiver can help answer.

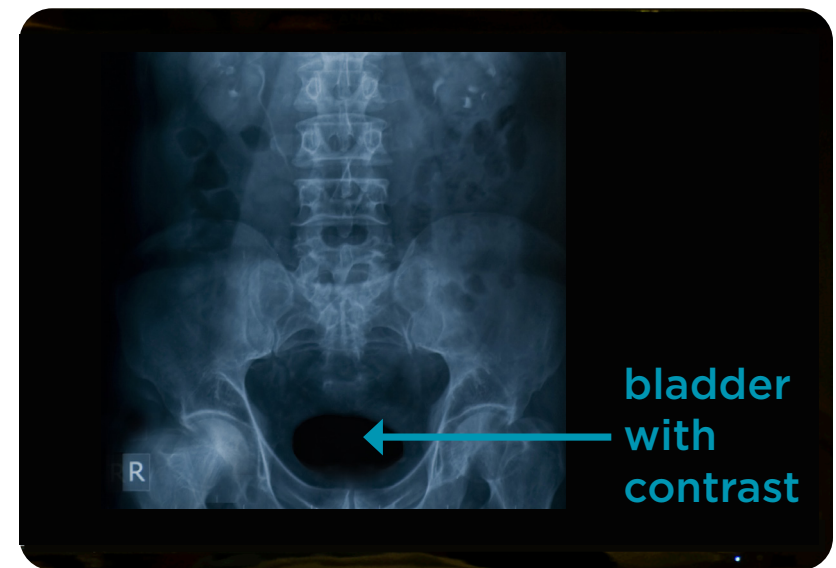


Ask to see the nurse's computer screen to see the lines move when you cough! They look like little mountains!

There is a bottle of clear liquid called contrast that will slowly flow through the catheter and into your bladder.



When this contrast starts to fill up your bladder, it will look black on the X-ray picture.



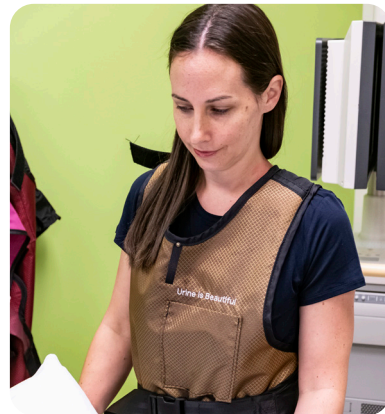
How big do you think your bladder is?





An X-ray technician will take pictures of your bladder during this test. The large camera will not touch you but will move back and forth over your bladder.

Everyone in the room who is helping you will wear a special apron so that the camera does not take pictures of them, too.



All of the aprons look different.
Which one is your favorite?

For the rest of the test, your only job is to keep your body calm and still. While you do that, you can lie back, watch your movie, eat your snack, play on the tablet, or talk to your parent or caregiver.

The nurse might ask you if you feel like you want to go to the bathroom, or feel like there is liquid leaking out of the catheter.

Some kids answer...

“A little.”

“A lot.”

“I have to go now!” or

“I don’t know.”

If you do not feel like you have to pee, that is OK.





When your bladder is full, the nurse will ask you if you can pee. You can choose to pee on the table with special pads on it or use a commode. A commode is a portable toilet by your bed and the nurse will help you sit on this. The tubes will stay connected to the computer and you for this part of the test.

If you are not able to pee, that is OK! The nurse will hook up a small syringe to the end of the catheter and slowly remove the liquid from your bladder. This will not hurt. When all of the liquid is gone and your bladder is empty, it will be time to remove the two catheters.



Sometimes the catheters fall out on their own when you are peeing. Other times the nurse needs to remove them. After the nurse removes the tape from your skin, both catheters will be gently removed. You can help if you would like to, and you can also help remove the lead stickers.

Then you can change back into your clothes!





When the test is done, you will have a short break.

During your break, you might have time to visit the Clinic Playroom or the Mountain Play Park, check out the Gift Shop or get something to eat in the Ocean Cafeteria.



Then you and your parent or caregiver will go back to the clinic to meet with your doctor and talk about the results of the test. You will not have to check in again for this appointment.

Now that you know what to expect when you visit the Urology clinic for your Urodynamics Study, think about what you can do to feel prepared, relaxed and calm.



My Urodynamics Study Plan

For your test day, think about what jobs you will have and what will help you relax. Make a plan for your visit.

Before my test, it would help me if I can:

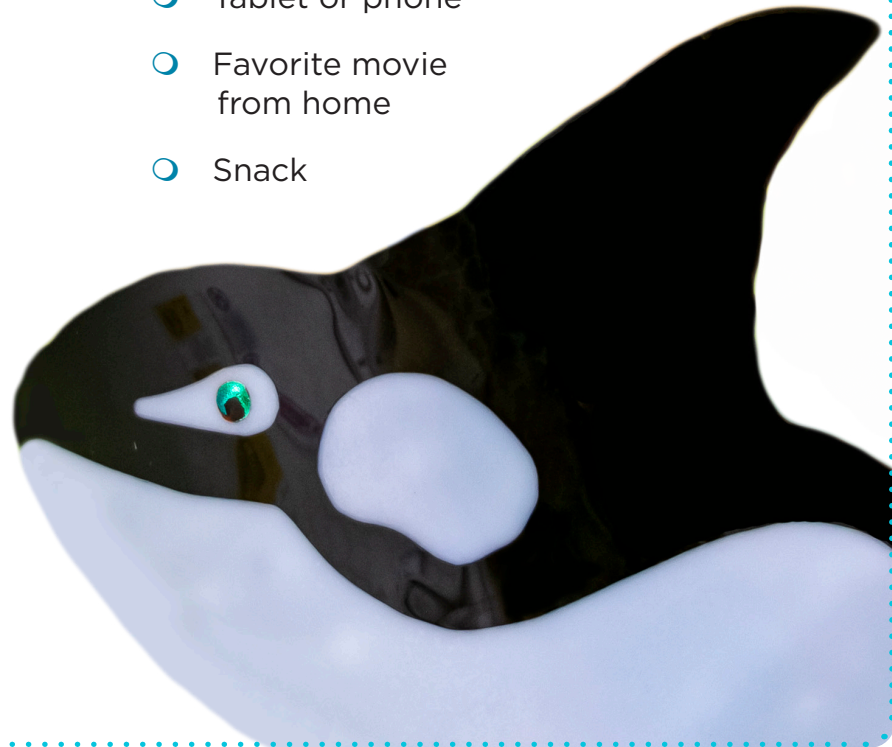
- Talk through the steps
- See the catheters
- Touch the stickers

During my test, I would like to:

- Pick out a movie to watch
- Eat a snack
- Play on my tablet or phone
- Know the steps as they are happening
- Have my parent or caregiver near me
- Hold onto a stress ball

Some things I can bring for the day:

- Blanket
- Stuffed animal
- Tablet or phone
- Favorite movie from home
- Snack



Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Learn more about what to expect during a visit to Seattle Children's on our website:
www.seattlechildrens.org/photobooks



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206-987-2000
1-866-987-2000
(Toll-free for business use only)
1-866-583-1527 (Family Interpreting Line)

www.seattlechildrens.org

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handbook has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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