

Urodynamics Study

Preparing Your Child for a Bladder Test

The Urodynamics Study (UDS) helps us learn more about how well your child's bladder works.

What is a UDS?

This test will help us learn more about:

- How much your child's bladder holds (bladder capacity)
 - Your child's ability to hold and empty pee (urine)
 - Your child's bladder pressures
 - The shape and size of your child's bladder
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Why does my child need a UDS?

We do UDS when a child is having a hard time with potty training, accidents (leaking) or urinary tract infections. At times, we do it for other reasons, like before certain bladder surgeries.

What happens during UDS?

For this test, we will use a small, thin tube called a catheter. We place the catheter where pee comes out (urethra) and then into the bladder to drain pee (urine). We try to be very gentle and sensitive to your child's privacy and feelings. We let them ask questions and talk through every step of the test.

To place the catheter, your child will lie on an x-ray table. We may ask your child to hold their legs in a "frog leg" position (knees bent, feet on table, legs open). The nurse will clean the opening of their urethra. Then the nurse may use numbing (Lidocaine) lubricant on the area where the catheter will be placed. The lubricant helps your child feel the catheter less, and also makes it easier to put it in. The nurse will gently place the catheter into your child's urethra. Then their bladder will start to drain.

Next, your child will lie on their side and the nurse will place a different catheter into the hole in your child's butt (anus). This catheter helps us to know when your child's intestines are pushing up against their bladder during the test.

Last, the nurse will place dime-sized stickers around the anus. This will tell us about your child's muscle control when they hold and drain urine.

We will put a liquid called contrast fluid into the bladder so we can see inside it using an x-ray. We will ask your child to tell us when they feel like they have to pee. With the catheter in place, we will ask your child to pee the contrast fluid onto the table or in a nearby toilet. When the test is over, the nurse will take out the catheters.

Throughout the test, we may take x-ray pictures so we can see inside your child's body.

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To Learn More

- Urology Scheduling
206-987-2509
- To talk with a nurse
206-987-2509, ext. 4
- Child Life Specialist
206-987-2145
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your 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.



How long does the test take?

This test will take about **60 to 90 minutes**. Once the catheters are in, your child will be able to play on a tablet or read a book. They will have to **lie still on their back during the entire test**.

Will my child have any pain?

We partner with you and your child to prevent and relieve pain as completely as possible. There may be some discomfort when the catheters are put in. We will do all we can to help your child relax and to feel comfortable. Nurses can use Lidocaine lubricant to help reduce the discomfort in some cases.

What do I do before this test?

- **No special diet** is required. It is OK for your child to eat and drink as usual the day of the test.
 - **Preventive medicine:** If your child has a urinary tract infection on the day of the test, we may need to reschedule the test. Your provider will discuss this with you before the test either in clinic or by calling before the appointment. We may ask you to have a urine sample checked 1 to 2 weeks before the appointment.
 - **Bowel preparation:** The test results will be more accurate if your child has recently emptied their bowels.
 - If your child is on a routine bowel program, please perform the program the night before the test.
 - If your child has a history of not being able to poop (constipation), please continue to work with your pediatrician.
 - Please tell the urology nurse if your child has any **allergies or sensitivities to latex products or x-ray contrast fluid**.
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How do I prepare my child for this test?

- What you tell your child will depend on their age and level of understanding. Often, younger children will be anxious and older children will need to have a sense of control over the test. You can find some tips below and on page 3 to help you prepare your child.
 - There are also Child Life Specialists available to help your child cope and prepare for the exam and can be available on the day of the exam. If you are interested in Child Life being involved, please discuss this with the Urology team. We will coordinate having the Child Life Specialist come up with a care plan for your child and discuss it with you before the study.
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Talk to your child

Talk about the steps of the test in simple, honest language.

- “First, you’ll lie down on the x-ray table. The x-ray machine will be above you, but it will not touch you.”
- “They will put small tubes into the places where you pee and poop. They will take the tubes out when the test is over.”
- “The doctors and nurses will put some special liquid called contrast into the tube. It helps them see on a TV monitor how your body is working.”
- “When you feel like you have to go to the bathroom, you can pee.”
- Tell your child they have the important job of holding still for the test.
- Reassure your child that you will be with them during the test.

- See our photobook “What to Expect When You Come for the Urodynamics Study at Seattle Children’s”.
seattlechildrens.org/pdf/PE2928.pdf

Practice relaxing

- After talking about the steps of the test, talk about and practice things your child can do to help themselves if there’s a time when they feel worried or afraid.
- For example, your child may want to take deep breaths, think about a favorite place or make up a story.
- Some children bring a special blanket or stuffed toy with them to help them feel safe and secure.

Registration

- Please arrive 20 minutes before your appointment.
- Park on any level of the Ocean parking garage and use the Ocean entrance.
- Register at Ocean Registration on level 6.
- Please be on time since a delay can affect other appointments. If you are more than 20 minutes late, we will reschedule your child’s test for another day.

Can I be with my child during the test?

- Although we encourage parents to be with their child during the test, **siblings are not allowed in the exam room**. Please keep this in mind when you plan your visit.
- **You cannot be in the testing room if you are pregnant**. If you are pregnant and want to be with your child, talk to your child’s nurse about other options ahead of time.

Who do I call?

- Child Life Specialists
206-987-2145
- Urology Nurses
206-987-2509, ext. 4