

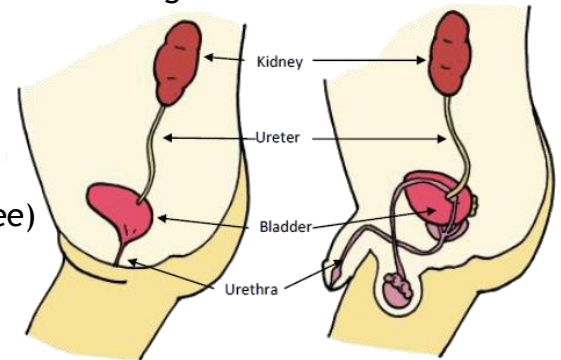
## How to prepare for a Urodynamic Study (UDS)

### What is a UDS Test?

A UDS is a test that helps the doctor check how the Urinary Tract is working. It includes Pressure studies of the Bladder and some tests including x-rays.

When your child has a UDS test we can learn about:

- Bladder Pressure
- how much your child's bladder can hold (*Bladder Capacity*)
- How well your child's bladder can hold and empty urine (pee)



### Why does my child need a UDS?

A UDS test is done when a child is having a hard time with potty training, has accidents (leaking), or has infections. This test may also be done for other reasons, such as before a bladder surgery. Sometimes the UDS is done as a criteria / baseline study due to diagnosis of Myelomeningocele.

### How is the UDS done?

A UDS is done by placing a catheter in your child's bladder and another catheter in your child's rectum. A catheter is a small, thin tube that is used to drain fluid, such as urine. To place the catheter, your child will lie on the X-ray table and their legs will be placed in a "frog leg" position. The nurse will clean the opening of the urethra and put lubricant on the area. The catheter will be gently placed into the urethra to empty the urine from their bladder.

We may use Lidocaine lubricant on the area where the catheter will be placed to numb the area and make it easier to put the tube in. It is like a "jelly" and does not hurt.

Next, your child will have a catheter placed into the rectum. This catheter helps us to know when your child's intestines are pushing against the bladder during the test. This is why it is important to follow all instructions regarding an enema two nights before the procedure AND the night before the procedure. Your help to make sure this is done allows for a better test result.

Last, two small stickers are placed near the anus and one at the right knee. This will tell us about your child's muscle control when they hold and drain urine. Fluid (contrast) will be put into the bladder over several minutes. We will ask your child to tell us when they feel like they have to pee. Throughout the test, X-ray pictures of the bladder will also be taken. After the test, the bladder will be drained and catheters will be removed by the nurse.

To help with fear or anxiety during the study, staff will talk with your child to give them time to ask questions during every step of the test. They will also use distraction techniques that help keep

children comfortable. We have Child Life Specialist who assist us with Diversional Play activities during the catheter placement and procedure.

### **What do I do before the test?**

- Food- No special diet is needed. The day of the test your child may eat and drink as usual.
- If your child has a Urinary Tract Infection (UTI) on the day of the test, the test may need to be rescheduled.
- Bowel Preparation - Please follow the Enema instructions given to you by the clinic. Your test will need to be rescheduled if the patient has not had the enema (s). Please call the office if this happens.
- If your child has a bowel program, please perform the program the night before the test.
- Do not use powder or lotions on the upper legs the day of the procedure. Catheters are taped to the leg and this makes it hard for the tape to stick well.

### **Day of the test be there 20 minute BEFORE your test:**

- Please be on time. It is important to allow driving and parking time in order to check in 20 minutes before your appointment.
- If you are more than 20 minutes late, your child's test will be rescheduled for another day.
- One parent may be with the child during the test. The parent will be asked to wear a protective apron during the x-rays. Other children cannot be in the room during the procedure. If you have other children, please arrange for a babysitter or bring an adult over the age of 18 to stay with them in the waiting room.
- Please tell the nurse if your child has any allergies or sensitivities to latex products or x ray contrast (dye).
- Pregnant women cannot be in the testing room during x-rays. If you are pregnant and want to be with your child, talk to your child's nurse about other options AHEAD of time.

### **Please bring the following with you:**

- A list of all of all medications you/your child is taking. List the name and phone # of your pharmacy.
- Catheter supplies you/your child uses and the name and phone # of your distributor.
- If you have not filled the prescription and taken your Ditropan or Oxybutynin as ordered, please tell our office. The test may need to be rescheduled.

### **Relaxation Tips:**

Talk to your child about and practice things they 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 in with them to help them feel safe and secure.

### **Have questions?**

For scheduling or appointment needs, please call the Division of Urology at 323-361-2247

For questions about the test or how to prepare please call our Clinic Nurse at 323-361-7559.