

Urodynamics Study (UDS)

Preparing your child for a bladder test

What is a UDS test?

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 urine (pee)
- Your child's bladder pressures
- The urodynamics test, also called UDS, includes an X-ray and pressure study of the bladder

Why does my child need a UDS?

UDS is done when a child is having a hard time with potty training, accidents (leaking) and/or infections. At times, this test is done for other reasons, such as before certain bladder surgeries.

How is the UDS done?

For this test, we will need to put a catheter in your child's bladder. A catheter is a small, thin tube that is placed in the bladder to drain urine. We know that this kind of test can be hard for a young child to go through. We try to be very gentle and sensitive to your child's privacy and feelings by allowing for questions and talking through every step of the test.

To place the catheter, your child will lie on an X-ray table. Their legs will be placed in a "frog leg" position. The nurse will clean the opening of their urethra. Then the nurse will put Lidocaine lubricant on the area where the catheter will be placed. The lubricant numbs the area and also makes it easier to put the tube in. The nurse will

gently place the small, thin tube into your child's urethra and their bladder will be drained.

Next, your child will lie on their side and the nurse will place a thin catheter into your child's rectum. 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 near the urethra and around the anus. 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 a period of time. We will ask your child to tell us when he feels like he has to pee. With the catheter in place, your child will be asked to pee the contrast fluid onto the table. When the test is over, the nurse will take out the catheters.

Throughout the test, X-ray pictures of the bladder are taken.

How long does the test take?

This test will take about an hour to an hour and a half. Once the catheters are in, your child will be able to watch a movie or play with a GameBoy. They will have to lie still, on their back during the entire test.

Will my child have any pain?

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 use Lidocaine lubricant to help reduce the discomfort.

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What do I do before this test?

- **Breakfast:** No special diet is required. Your child may 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, the test will need to be rescheduled. The doctor may give your child antibiotics to take for a day or two after the test to prevent infection.
- **Bowel preparation:** Please give a glycerin suppository the night before the test. 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.

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. Here are some tips to help you prepare your child:

1. Talk to your child

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

“First, you’ll be lying down on the X-ray table. The X-ray machine will be above you. It’s above you, but it does not touch you...”

“They will put a small tube into the place where you pee and they will take the tube out when the test is over.”

“The doctors and nurses will put some special liquid called contrast into the tube so that they can see on a TV monitor how your body is working.”

“When you feel like you have to go to the bathroom, you can pee.”

- Talk to your child about having the important job of holding still for the test.

- Reassure your child that you will be with them during the test.

2. 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 in with them to help them to feel safe and secure.

Registration

Please arrive 20 minutes before your appointment. Park on any level of the Whale parking garage and use the Whale entrance. Register at the Whale Registration on the 4th floor. Please be on time since a delay can affect other appointments. If you are more than 20 minutes late, your child’s test will be rescheduled for another day.

Other Important Information

- Please tell the technologist if your child has any allergies or sensitivities to **latex** products or X-ray contrast (dye).
- Although parents are encouraged 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.
- Pregnant women cannot be in the testing room. If you are pregnant and want to be with your child, talk to your child’s nurse about other options ahead of time.

TO LEARN MORE

- **Urology Scheduling (206) 987-2509**
- **To talk with a nurse (206) 987-4073**
- **Your Child’s Health Care Provider**

Children’s will make this information available in alternate formats upon request. Please call the Family Resource Center at (206) 987-2201.

This handout has been reviewed by clinical staff at Children’s Hospital. However, your child’s needs are unique. Before you act or rely upon this information, please talk with your child’s health-care provider.