

URODYNAMIC TESTING (UDS) PREPARATION



- **What to bring**
 - Drinks or Snacks
 - Soothing Aids: pacifier, stuffed animal
 - Distraction: Cell Phone, iPad, or Tablet to listen to music or watch videos; books your child likes to read

- Give your child all prescribed medicines on the day of the test. If your child is taking **Ditropan (Oxybutynin Chloride) or any other medicines for their bladder, give these medicines as prescribed. Do not skip these medicines the morning of the test, as this will alter the results.**

- If prescribed, continue with current clean intermittent catheterization (CIC) regimen on the day of the test. Please take note of your catheter type and size. **Bring a 2-day log of cath output volumes.**

Arrival Instructions

Where does the test take place?

Children's National Hospital
111 Michigan Ave, NW
Main Hospital Urology Clinic, 4th Floor
Washington, DC 20010

- **Arrive 30 minutes early** to register and to prepare.
- **Testing takes 90 minutes to complete.**
- **If you arrive late more than 15 minutes**, you may be asked to reschedule.
- **If you cannot come**, please call to let us know.

General Information:

- For routine questions about the study, call (202) 476-5042, press Option 2 and ask to speak with the nurse or nurse practitioner.
- If you are late or cannot come on the day of the test, call (202) 476-2162.
- If you need to reschedule - Call at least 24 hours before the study, (202)-476-5042, press Option 1.

What is urodynamic testing?

We can learn about your child's bladder function:

- Size of the bladder
- Pressure when the bladder leaks or when the child urinates
- How well the bladder empties
- Function of the sphincter muscle



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For video urodynamic testing:

- Use of real-time x-rays help us to see the bladder filling and emptying.
- If you could be pregnant at the time of the study or have small children with you, you will not be able to stay in the room due to radiation risk.

Which conditions do we study with urodynamic testing?

- Spinal cord problems
- Posterior urethral valve
- Preparation for kidney transplant
- Certain types of urinating problems

Who does uroflow test?

- Urology Nurse Practitioners
- The test is not performed by your doctor, but you will meet with your doctor on another day to review the results

How is the urodynamic test done?

- You may eat or drink before the test and no needles are used.
- Tubes (catheters) are inserted and connected to a computer:
 - One is placed into the bladder through the urethra (tube that empties the bladder), or stoma if your child has one.
 - A second one is placed into the rectum.
- A sticker is placed on each side of the anus (where poop comes out) and on a hip. These stickers are connected to a computer by small wires.
- The bladder is emptied of urine (pee).
- The bladder is slowly filled with a fluid called normal saline (for non-video) or a type of fluid x-ray dye called Cysto-Conray solution (for video) until your child leaks urine or feels the urge to urinate.
- For video urodynamic testing: x-rays are taken of the bladder during parts of the filling of fluids and urinating.
- When your child finishes urinating, the catheters are removed and the test is over.



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