

# Children's National Hospital

## URODYNAMIC TESTING (UDS) PREPARATION

### Preparing at home for UDS Testing:

#### 1. 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

#### 2. Give your child all prescribed medications on the day of the test.

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

#### 3. 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.**

#### 4. If your child has a fever (greater than 100.4F) or symptoms of a urinary tract infection, call the Urology office at 202-476-5042 as soon as possible to discuss with the nurse/nurse practitioner. The study may need to be rescheduled when your child is well to obtain the most accurate results.

- For Spina Bifida patients: please call **(202)-476-SPNA (7762)**

#### 5. If you are asked to perform a bowel clean out before your urodynamics test, please refer to the bowel clean out instruction handout (page 3).

#### 6. Please note that for **video** urodynamic testing: we cannot perform video urodynamics if siblings or pregnant caregivers are present.

### Arrival Instructions:

#### Where:

Children's National Hospital, Washington DC  
Colorectal Clinic, 4th Floor of the Main Hospital Building

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

#### Contact Information:

- For routine questions about the study, call **(202)-476-5042** and ask to speak with the nurse or nurse practitioner.
- To let us know that you are late or cannot come on the day of your study, call **(202)-476-2656**



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# Q&A: URODYNAMIC TESTING (UDS) PREPARATION

## 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

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 the urodynamic testing?

- Urology Nurse Practitioners
- The test is not performed by the doctor who may not be there to speak to you during or after the test.

## How is urodynamic testing 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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# BOWEL CLEANOUT FOR URODYNAMICS

Your child has been scheduled for a Urodynamics study. It is very important that your child arrives to the test free of any constipation (hard poop or stools that do not happen every day). Stool in the colon or rectum may not give you the best test results.

If your child is already on a bowel program, make sure the program is being done daily for **2 days before the test**.

If your child is **not** on a bowel program, give your child Ex-lax chewable at bedtime nightly **2 days before** your urodynamics test and a glycerin suppository or fleet enema the night **before** the test.

The amount of ex-lax given is based on the chart below:

- 2- 5 years old-1 chewable at bedtime for 2 days (Friday night and Saturday night)
- 6-9 years old-2 chewables at bedtime for 2 days
- 10 years and older-3 chewable at bedtime for 2 days

If your child can take pills, they may take 5 mg Dulcolax tablets instead of ex-lax

- 6-9 years old- 1 tablets
- 10 years- 2 tablets

If your child prefers liquid, they may take 8.8 mg/5 ml of Senna

- 2-5 years old-10 ml of Senna
- 6-9 years old- 20 ml of Senna
- 10 years and older-30 ml of Senna

The pediatric glycerin suppository or a fleet enema amount given the night before the test is based on the chart below:

- Infant (1-12 months)- give on pediatric glycerin suppository
- Children 2-4 years of age- give half (1/2) of 2.25 ounce of a pediatric fleet enema (Sunday night)
- Children 5-11 years of age-give 1 entire 2.25 ounce pediatric fleet enema
- Children 12 year and older- give 1 entire 4.5 ounce enema



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