

About your child's UDS

What to expect and
how to get ready



DOERNBECHER
CHILDREN'S
Hospital

What is a urodynamic study?

A urodynamic (yer-oh-die-NAM-ick) study is a test of how well your urine system is working. This includes your bladder, the muscles that hold and release urine (pee), and all the other body parts involved.

You may see urodynamic study written as UDS.
This is the short version.



For parents and caregivers

This guide tells you how to help your child get ready for a urodynamic study, or UDS. Please use it any way you want to support yourself and your child.



We do UDS for children of all ages. Depending on their age and other factors, your child may want to know a lot about having a UDS. Or they might not want to know very much. Some children are anxious about having one, while others are not. You know your child best, and we encourage you to decide which sections to share.



Help from a child life specialist

A child life specialist can give you more information and ways to cope. Please call 503-418-5377 to schedule a phone call with one of our specialists.





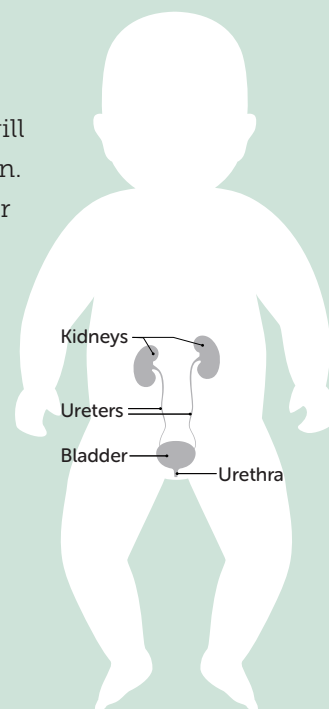
About your UDS

You are coming to the hospital today for a UDS. This is a type of test that tells your doctor how well your bladder and the other parts of your urine (pee) system are working. Many kids come here to have the same procedure. We hope this guide will answer some of your questions about what to expect.

Some reasons you might have a UDS include:

- You feel like you need to pee often
- You wet the bed sometimes
- You pee without knowing
- You don't get all your pee out of your bladder

During your UDS, you will have X-ray pictures taken. They will show how your bladder is working. This is part of a bigger system in your body that stores your pee.



The day before you come to the hospital, you might need to have your parent or caregiver give you an enema. This is to help all the poop come out of your body, which helps with this test. It might help to have a video to watch during this part or a stuffy to hold.

On the day of your UDS

On the day of your UDS, you come to the hospital with your parent or caregiver. They can stay with you the whole time. You can also bring a stuffed animal or blanket with you.



You might need some relaxing medicine called sedation. If you are getting this, the sedation nurse will be the first person you meet. You, your parent or caregiver, and the nurse will talk about the best plan to give you relaxing medicine. Once you take it, you may feel sleepy or silly!

After this, another nurse will weigh you and take your temperature and blood pressure. They will also check the level of oxygen in your blood by putting a sticker on your finger.



Getting ready for the UDS

When it is time for your UDS, you go to the room where your X-ray pictures will be taken. You will change into a hospital gown. After the UDS is finished, you can change back into your regular clothes to go home.

You will notice a big machine in the room. This is the X-ray camera. There will also be two big computer screens that tell the other medical team members lots of information about your body. (Picture of UDS set up)



After you put on your hospital gown, the nurse will ask you to lie down on the bed. The bed is under the X-ray camera. The camera will move close to your body, but it will not touch you.

Your job is to stay still like a statue on the bed so the camera can take good pictures. Your parent or caregiver can stay next to you the whole time.

All the people in the room will wear special jackets or aprons. This includes your parent or caregiver. This is so the camera does not take pictures of their bodies.

Putting in the catheters

When it is time to start, a person called a nurse practitioner will clean the area you pee out of. They will use brown soap on soft tissues.

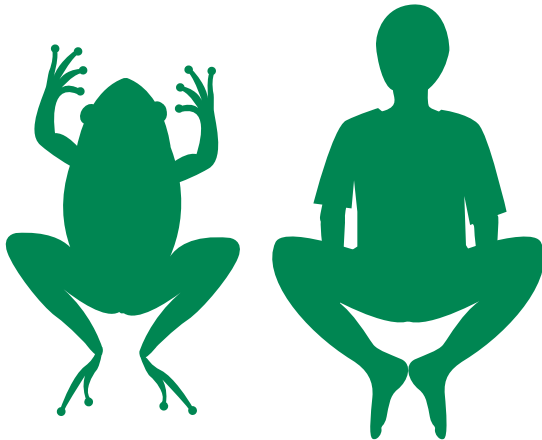
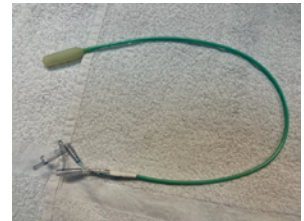


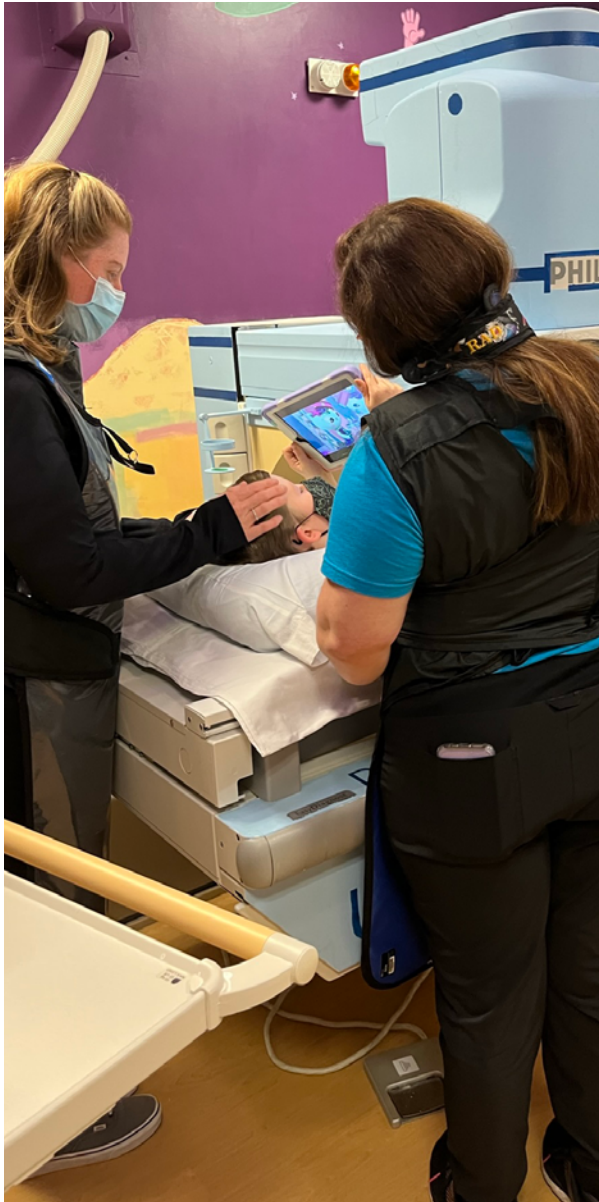
Then they will slide a small, soft, and flexible tube into the place you pee out of. The

tube is called a catheter. It looks like a cooked spaghetti noodle and is about the same size. During this part, your job is to make frog or butterfly legs by touching the bottoms of your feet together. You can stay still, like a statue, and take deep breaths. You might want to watch, or to play on an iPad or hold a stuffed animal. What will you choose?

To make sure the catheter stays in place, we will tape it to your leg. After the UDS is finished, the catheter will slide out. We will take the tape off then.

After your catheter is in, the NP will place a small tube with a squishy end in your bottom. Last, the NP will place three stickers on your skin. These are called leads. One goes on your stomach and two go on your bottom. They might feel cold.





Getting contrast and taking pictures

Once the catheters are in, another person on your X-ray team will come into the room to take your pictures. They use a clear liquid called “contrast” to fill your bladder. This makes your bladder show up more clearly on the X-rays, so your doctor can see what is happening better.

The contrast liquid will flow slowly into your body through the catheter until your bladder is full. You can watch this on the TV screen next to your bed.

Next, your X-ray team will use the camera to take pictures of your bladder and kidneys. They might ask you to roll from side to side while they do this. This helps make sure the camera takes pictures of your entire bladder and kidneys.

Peeing the contrast out

We will ask you to pee after we think your bladder is full or you tell someone you feel like you need to pee. You can pee right on the bed. It has special pads and towels to make sure the pee stays on the bed. Or you can use a bedpan, which is kind of like a toilet.



If we need to know more about your bladder, we can fill it up with contrast again after you pee. Once all the pictures are done, we will take the tape off your leg. The catheter will slide out as you pee. We will also take the catheter out of your bottom.

After you have peed out all the contrast, we will take the stickers off your bottom. You can help with this part if you want! Then you can get dressed with the clothes you brought from home. We will talk with you and your parent or caregiver at your appointment about the pictures they took.

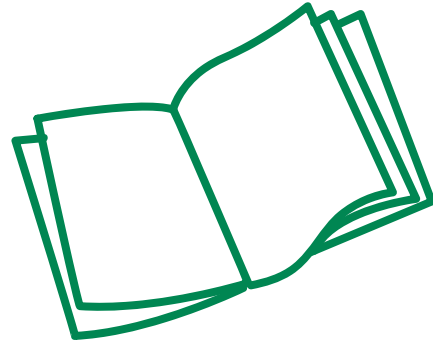


My UDS plan

This part of the guide helps you make a plan for your UDS procedure. Think about what might help you best!

On the day of my UDS, I will bring to the hospital...

- A stuffed animal
- A toy that I like to play with
- A book I like to read

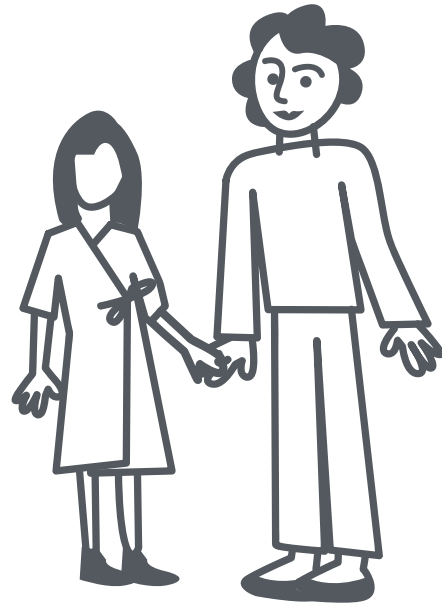


Before my UDS, it would help me to...

- Practice with a doll
- Play, to distract me
- Talk to a child life specialist on the phone

During my UDS, it would help me to...

- Watch a show or movie
- Play a game
- Hold my parent or caregiver's hand





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