

# What is urodynamics?

Information for parents and carers



Leeds children's  
hospital

caring about children



## What is urodynamics (UDS)?

UDS is a test of **pressure** and **flow** of urine in the bladder. It measures the pressures inside the bladder whilst it is being filled and also while passing urine.

Your child will have to be admitted to Ward L49 and the X-ray Department to have this test performed. Some children may go straight to the X-ray Department for the test.

We will let you know prior to admission where exactly your child needs to come in hospital for the test.

UDS test helps us understand function as well as any structural problem of the bladder. This test also helps us to understand the reasons for bladder symptoms like urine accidents, difficulty to pass urine etc.

### It measures:

- What is happening to the bladder as it is filling
- How much urine the bladder can hold
- Bladder sensation
- Changes in bladder pressure
- How well your child can empty their bladder
- Rate of the urine flow

## How is the test done?

### 1. The catheter

In preparation for the test, it will be necessary for the nurse to pass a fine tube called a catheter into the bladder up the tube where urine passes through called the urethra. The catheter is lubricated with jelly to make it slippery so that it will slide in without causing too much discomfort. It may give the feeling of wanting to wee but any discomfort should ease off quickly.

(The catheter may be inserted by yourself if you have already been doing this at home.)

Sometimes children have to be admitted either a day earlier or on the same day of test but early in the morning for a procedure called a cystoscopy. The catheter is also put in whilst they are asleep but this is slightly different as the catheter is put into the bladder through the abdominal wall. This type of catheter is called a **Supra-pubic** catheter.

### 2. The rectal probe

Before the test can begin a very fine tube with a small deflated balloon on the end has also to be passed into the bottom. This may be a little uncomfortable and give the feeling of wanting to poo. Like with the catheter, this feeling will soon ease off and it will be removed as soon as the test has finished.

### 3. The urodynamic test

Your child will be asked to lie on the special X ray bed. Both the bladder catheter and the rectal tube are connected to a machine. The bladder catheter will slowly fill the bladder with a special fluid and eventually give the feeling of having

a full bladder. This may take up to half hour where your child will be asked to try and keep still. Pictures will be taken throughout the test but this does not hurt and you will be able to see the pictures on the screen.

You can bring in a book, toy or a tablet to keep your child occupied during the test and parents can stay with their child at all times.

After the test has finished, the doctor may be able to say if they can see a reason for the problem or if any further investigation or treatment is needed.

We may ask your child to pass urine in a container. Any remaining contrast will be removed from the bladder using the bladder catheters by using a syringe attached to the catheter. This is absolutely painless for the child.

When the test has finished, nurses will remove all the catheters and cover the area with a fresh dressing. It is slightly uncomfortable process to remove catheters but should not be painful.

You will be given an appointment to return to the outpatient clinic (or alternatively one will be sent to you through the post) and you will then be able to go home.

Your child may feel a bit uncomfortable after the Urodynamic test but routine painkillers like Paracetamol or Ibuprofen are generally very good in managing the symptoms effectively.

## Risks of Urodynamic Test

This is generally a very safe test but there is a small risk of infection from the catheters and cystoscopy (camera) that was placed into your child's bladder so your child may go home on an antibiotic course.

We use X ray to take pictures of the bladder but the radiation dose is generally very low and should not harm your child.

If you are taking any medicines that affects the bladder function (eg-Oxybutynin, Solifenacin or Tolterodine) please stop taking the medicine three days before the appointment date for urodynamics.

If you are not sure about any medicine, if it affects the bladder function, please confirm from the G.P or the Urology doctor at the time of booking for the Urodynamics test from the clinic.



## Going home

On returning home it is important for you to drink plenty of fluid.

This helps you to produce a good flow of urine through the bladder and helps reduce the possibility of developing a urine infection.

The Doctor may prescribe some antibiotics for you to take home.

### For more information, help or advice please contact:

#### *Craig Taylor*

Paediatric Urology Nurse Specialist

**Tel:** 0113 392 6273

#### *Jill Hodsman*

Paediatric Urology Nurse Specialist

**Tel:** 0113 392 6281

#### *Jessica Meyer*

Paediatric Urology Nurse Specialist

**Tel:** 0113 392 6281

#### *Out of hours*

If you need to contact us during the hours of 5pm until 8am, please call the Children's Surgical Ward - Ward 42.

**Tel:** 0113 392 7442

## Frequency volume chart

We may ask you to fill a fluid volume diary for your child for a few days before the Urodynamic test. This will monitor fluid intake and urine output over the seven days before the test.

### How much your child should drink

During the seven-day period your child should lead a normal life drinking usual amounts, taking any tablets or medicines your doctor has prescribed. Write down on the chart the amount your child drinks, noting down the time. It is best to drink from the same cup so that you always know how much it holds.

### What to do when your child passes urine

Your child should pass urine as normal. Measure the quantity your child passes each time they wee (day or night). You can use a cheap clear plastic measuring jug for this purpose. Write down on the chart the amount your child wees, noting down the time.

### What happens at night?

Fill in the chart as you would do during the day. However if your child has to get out of bed to wee in the night please place an \* next to the amount of wee passed.

### What if your child leaks or wets themselves?

If your child leaks urine at any time, either by wetting their clothes or by wetting the bed at night, make a note of this on the chart.

**Please bring this chart when you come for your appointment.**

**When your child comes for the test try to come with a full bladder if possible.**

# I = Intake O = Output

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	I	O	I	O	I	O	I	O	I	O	I	O	I	O
07:00														
08:00														
09:00														
10:00														
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## Your child's appointment

An appointment has been made for your child to undergo urodynamic studies

**On:** .....

**At:** .....

On Ward L49 / Clarendon Wing X-ray department, Leeds General Infirmary

Please telephone **0113 392 6816** as soon as possible to confirm that they can attend their appointment or e-mail **[leedsth-tr.paedscheduling@nhs.net](mailto:leedsth-tr.paedscheduling@nhs.net)**





## What did you think of your care?

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