My Child is Having a Urodynamics Study

This brochure is not to take the place of any information given to you by your child’s medical staff.
Welcome to Children’s Mercy. Your child’s doctor has asked for your child to have a test called a Urodynamics Study. This test will look at how your child’s bladder works.

We want this to be a good visit for your child. It is important to explain to your child what will happen during the study. This brochure will give you information to help you prepare your child. Your child trusts you most, so please be honest with your child.

Figure 1: Urodynamics Study room
The Urodynamics Study

Below are the steps you will go through during your visit for the Urodynamics Study. The words in **blue** can help you talk to your child about the test.

- Please go to the Children’s Kidney Center and check in at the desk in the waiting area.
  
  You and I are going to the hospital to have a test done. This test will help us learn about how your body is working.

- A staff member will take you to the room where the study will be (see Figure 1) and your child will change into a hospital gown.
  
  We will go to a special room. The room has lots of fun toys and books that you can use. You will take off your clothes, including your underwear, and put on a hospital gown. There are blankets to keep you covered.

- A nurse will put stickers on your child, two on your child’s bottom and one on your child’s leg. The stickers are then hooked up to the computer to measure how your child’s muscles work.
  
  After you lay down, the nurse will put small stickers on, two on your bottom and one on your leg. These stickers do not hurt.

- Depending on your child’s ability, the nurse may ask your child to use the bathroom on a special toilet (Figure 2).
  
  The nurse will ask you to go potty in a special toilet. This toilet looks a little different than the toilet you use at home. Make sure you have a lot to drink before the test to help you go potty.

Figure 2: Special Toilet
A nurse will then clean your child’s private parts using cotton balls and Ivory soap with water. Then the nurse will put a topical numbing lotion on your child’s private parts if needed.

After the stickers are in the right place you will be asked to:
*For girls: make butterfly wings (knees bent out with your bottoms of your feet touching)
*For boys: make your legs straight and resting on the table.

Your job is to lay very still. The nurse will use soap to clean where you go potty so you are extra clean. The soap feels cold and wet. Some lotion will be put on the area where you go potty. The lotion feels cold and wet. While you are laying still, you can play, read a book, or use an iPad.

A catheter (tiny tube) will be placed into your child’s bladder and taped in place. Another catheter (tiny tube) will be placed in your child’s rectum.

The nurse will put a small tube in the hole where the pee comes out of your body. This may make you feel like you need to pee. Remember your job is to lie still. Would you like to blow bubbles? When you take deep breaths your tummy muscles get soft and relaxed and the tiny tube slides in easier. Let’s practice taking big deep breaths!

Another small tube will go in the hole where your poop comes out. This may feel like when you go poop. After the tubes are in, the nurse will use some tape to help keep the tubes in place.

The catheter will then be connected to a bag of blue water. It will slowly begin to fill your child’s bladder.

During the next part of the test, you can watch a movie or play on an iPad. The nurse will have lots of movies for you to choose from, but if you want, we can bring your favorite from home. Your very important job is to lay really still. You may start to feel like you have to go potty. Make sure to tell your nurse what you feel.
Once full, the nurse will empty your child’s bladder.

When it’s time for you to go potty, you will keep lying on the bed and the nurse will help you get all your pee out through the tiny tube. Don’t worry if you leak, it’s okay.

Your child’s bladder will be filled a second time with the blue water. The nurse will empty your child’s bladder again or let your child go on the special toilet (Figure 2). The stickers and catheters are taken off after he or she goes potty.

After a while you will feel like you have to go potty again. When it is time for you to go potty, you will potty into the special toilet in the bathroom. After you go potty, the nurse will take the stickers off of you. This may feel like when a Band-aid is taken off. The two little tubes will then come out.

Your child may also be scheduled for a voiding cystourethrogram (VCUG) or renal ultrasound (RUS).

If your child is not having a VCUG or RUS, your child can get dressed after his or her bladder is emptied.

After the tiny tubes are out you can get dressed and we will be able to leave. Did you know you get a prize when you are all done?
Helpful Tips

- You can be with your child during this test. You will be allowed to sit by your child at all times to talk and play. Having you there will help your child cope.

- Try to remain calm. The calmer you are about the test, the better your child will do.

- Please do not bring other children. This is a private test for your child in a small room with limited space.

- You can bring comfort items from home, such as:
  - A blanket or stuffed animal
  - A favorite toy that can be played while your child is lying down
  - A favorite movie
  - A favorite snack to eat and drink (no soda please)

- Use positive words to talk to your child, like, “You are doing a great job blowing bubbles!”

- If your child is unable to lay still on his/her own, an extra staff member may help him/her hold still.

- After the test, your child should drink plenty of fluids (water, juice, milk).
Phone Numbers

Urodynamics Department:
816-234-3837 or toll free 1-800-276-0985

Child Life Department:
816-234-3717

Children’s Mercy Hospitals & Clinics
816-234-3000
This brochure was developed by:
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Children’s Mercy