

The catheter will then be connected to a bag of water. This water will slowly begin to fill your child's bladder.

*After the tubes are taped, your job is to lay still and watch a movie, read a book, or play on the iPad. They have lots of movies for you to choose from or we can bring a favorite movie from home. After a while, you may start to feel like you have to go pee. Make sure to tell your nurse what you feel.*

The nurse will empty your child's bladder once it is full.

*When it's time for you to go pee, you will keep lying on the bed and the nurse will help you get all of your pee out through the tiny tube.*

Your child's bladder will be filled a second time with the water. The nurse will empty your child's bladder again or let your child go on the special toilet (**Figure 2**). After your child's bladder is empty, the nurse will take off the stickers and take out the catheters.

*After a while, you may feel like you have to go pee again. When it is time for you to go pee, the nurse will help you get all of your pee out through the tiny tube or you will pee into the special toilet in the bathroom. After you go pee, the nurse will take the stickers off of you. This may feel like when a Band-aid is taken off. Then, the nurse will slide the two little tubes out.*

If your child is not having any other procedures or tests, your child can get dressed.

*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?*

## ADDITIONAL PROCEDURES OR TESTS

Your child may also be scheduled for a renal bladder ultrasound (**RBUS**) or voiding cystourethrogram (**VCUG**). If your child is having a **VCUG**, the catheter placed during the Urodynamic Study will remain in your child's bladder for the **VCUG**. You can learn more about a **VCUG** by visiting [childrensmercy.org](http://childrensmercy.org) and typing **VCUG** into the search bar.

## THE URODYNAMICS STUDY



Children's Mercy is an equal opportunity/affirmative action employer and a United Way agency.

[childrensmercy.org](http://childrensmercy.org)



## WELCOME TO CHILDREN'S MERCY

Your child's doctor has asked for your child to have 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 talk to your child about what will happen during the test and to be honest. This can help your child be more comfortable with the test and make the procedure easier for both of you.

## THE URODYNAMICS STUDY

Below are the steps of the Urodynamics Study. The *callouts* can help you talk to your child about the test.

Check in at the Children's Mercy Surgery Clinic located at the Adele Hall campus.

*You and I are going to the hospital so you can have a test done. This test will help us learn about how your bladder is working. Your bladder is the part of your body that holds your pee.*

A staff member will take you to the room where the Urodynamics 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 a lot of fun toys and books that you can play with. You will take off your clothes, including your underwear, and put on a hospital gown. There are blankets to keep you covered and warm.*



Figure 1



A nurse will put two stickers on your child's bottom and one sticker on your child's leg. The stickers are then connected to a computer to measure how your child's muscles work.

*The first thing the nurse will do is put small stickers on you – two stickers on your bottom and one on your leg. These stickers do not hurt.*

The nurse may ask your child to use a special toilet to pee (if he or she is able) (**Figure 2**).

*The nurse might ask you to go pee in a special toilet. This toilet looks a little different than the toilet you use at home.*

A nurse will then clean your child's genitals using cotton balls and soap with water. Sometimes, the nurse uses a brown soap called betadine. If needed, the nurse will put a numbing lotion on your child's genitals or vaginal area/penis.

*Next you will lay down on the bed that is in the room.*

*\*For girls: the nurse will ask you to make butterfly wings (knees bent out with the bottoms of your feet touching).*

*\*For boys: the nurse will ask you to make your legs straight and rest them on the bed.*

*Then, the nurse will clean where your pee comes out with soap and water. The nurse might use brown soap or clear soap. The nurse will also put some numbing lotion on you that will help your skin not feel things as much. This lotion feels cold and wet.*

*Your job is to lay very still. But, you can still play with toys, read a book, watch a movie, or use an iPad.*



Figure 2



The nurse will place a catheter into your child's bladder and tape it in place. The nurse will place another catheter in your child's rectum and tape it in place.

*The nurse will put a small tube where your pee comes out of your body. This may make you feel like you need to pee. Your job is to keep your body as still as you can. You can blow bubbles or take deep breaths to help you relax. When you take deep breaths, your tummy muscles get soft and the tiny tube slides in easier. Let's practice taking big deep breaths!*

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

