



Division of Urology
111 Michigan Avenue, NW, Washington, DC 20010
www.childrensnational.org
Phone: (202) 476-5042 Fax: (202) 476-3749

URODYNAMIC TESTING

NOTE: YOU MUST COME TO THE 4GREEN SURGICAL CLINIC BEFORE GOING TO RADIOLOGY.

Your child has been scheduled for urodynamics at _____ on _____ at Children's National Medical Center in Washington, DC. The testing room is located in the 4Green Surgical Clinic, on the 4th floor of the hospital. **It is very important that you arrive 30 minutes early to allow time to register. The test will take at least 60-90 minutes. Because other children will also be scheduled for this testing on the same day, it is very important that you call if you are not able to come. If you arrive 30 minutes or later than the scheduled appointment time, we will not be able to do the test and you will be asked to reschedule. IF YOU WILL BE LATE PLEASE CALL THE CLINIC AT (202) 476-2162.**

What is urodynamic testing?

Urodynamics is a test to give us the following information about your child's bladder:

- Bladder capacity: the amount of urine the bladder holds before urine (pee) leaks out
- Bladder elasticity: the amount of pressure in the bladder while it is filling with urine
- Is there bladder overactivity (contractions in the bladder when it is filling with urine)?
- Leak point pressure: the pressure in the bladder when urine leaks
- Voiding pressure: the pressure in the bladder while voiding (peeing)
- How well the bladder empties
- The strength of the external sphincter muscle (muscle at the bottom of the bladder) while the bladder is filling and when the bladder empties. This is also known as EMG activity.

Who needs urodynamic testing?

- Children with spinal cord problems
- Children born with a posterior urethral valve
- Children awaiting a kidney transplant

- Children with certain types of voiding problems

Who does the urodynamic testing?

The test is done by one of the urology nurses or urology nurse practitioners.

Please note: The test is not performed by the doctor and he/she may not be there to speak with you during or after the test.

How is urodynamic testing done?

A small catheter (straw-like tube) is placed in the bladder through the urethra (tube that empties the bladder), or stoma if your child has one. Sometimes another small tube is also placed into the rectum. Three stickers attached to a computer by wires are put on your child; one on each side of the rectum and one on the knee. The bladder is emptied of urine (pee). The tubes in the bladder and rectum are connected to a computer. The bladder is slowly filled with sterile saline solution (salt water) until your child leaks urine or goes to the bathroom. Then the bladder is again emptied to see how much saline solution is still in the bladder.

How to prepare for urodynamic testing:

- 1. It is very important to bring a water bottle, formula bottle, or juice boxes because we may ask your child to drink before or during the test.** You may also want to bring snacks for your child. If your child uses a pacifier, please bring one with you.
- 2. It is very helpful to bring something for your child to do during the test such as:**
 - iPod or music player to listen to music
 - DVDs your child likes (we have a DVD player you can use)
 - Books your child likes to look at or read
- 3. Please give your child all prescribed medications on the day of the test. If your child is taking *Ditropan* (Oxybutynin Chloride) or any other medicine for his/her bladder, please give these medicines 2 hours before the start of the test.**
- 4. It is also very important that your child's rectum be empty of stool (poop) before the test. If your child is younger than 12 years of age, give a pediatric fleet enema the night before the test. If your child is 12 years of age or older, give an adult fleet enema the night before the test.**

***There is no food or drinking restrictions before the test and no needles are used.

If you have any questions please call the office at (202) 476-5042 and ask to speak with the nurse or nurse practitioner.