

# Urodynamic Investigation



## Urology Department

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## A Urodynamic Investigation: Checks on how well:

- the bladder fills and empties.
- the muscles that open and shut off the flow of urine through the urethra work.
- the urine flows through the urethra.

This information helps the doctor understand and treat the problem. The testing takes about one and a half hours.

## Getting ready for the test

If your child has a history of constipation make sure her or his bowels are empty prior to the test.

Constipation may interfere with the results.

The child or youth should drink enough to arrive with a full bladder. It isn't necessary to be uncomfortably full.

## Notes:

- for Cystometrogram and Video-Urodynamics it is not necessary to drink more than usual.
- a menstrual period will not interfere with the test.

## What happens during the test?

You will be asked some general health questions and some about the bladder problems. Sometimes the doctor does an examination.

The child or youth changes into a hospital gown.

The nurse puts 3 sticky pads onto one thigh and both buttocks. These will record how the muscles are acting.

## Cystometrogram

This test finds out:

- what happens as the bladder fills.

- the amount the bladder will hold.
- how full it is before your child feels the need to urinate.
- the pressure that builds as it fills and how the muscles at the neck of the bladder respond to the pressure.

## Video-Urodynamics

This test is done in the Radiology Department so that the doctor can use the special equipment there. It allows him or her to "watch" the bladder, ureters and kidneys on a TV screen as the fluid runs into the bladder. X-ray pictures are taken during the test.

This test finds out:

- the same things as the Cystometrogram and
- whether the urine is backing up from the bladder into the ureters and kidneys

## How are these tests done?

Your child lies on his or her back. Girls need to spread their knees.

The nurse gently pushes a thin plastic tube through the urethra into the bladder. This tube is called a catheter. This will feel uncomfortable for a minute or two.

The catheter is attached with tubes to a bag of liquid. The fluid runs through the catheter to fill your child's bladder.

A plastic tube is also inserted into your child's rectum. This does not hurt. This tube measures pressure in your child's tummy which is an important part of the test.

The nurse connects the catheter to some tubing and equipment which will record the

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measurements. It takes about 5 minutes to set everything up.

The rest of the test is done with the child or youth lying or sitting. The Video-Cystometrograms are done lying down. Sterile liquid runs through the catheter into the bladder.

The equipment records the build-up of pressure. The child or youth must:

- tell the tester as soon as he or she feels the need to pee
- cough, push or hold the urine in when asked to do this.

At the end of the test the nurse removes the catheter, the tube from the rectum and the three sticky pads.

### **Notes:**

Please tell your child that during this test lots of people cannot hold all the water in their bladder and it does not matter if the pee just runs out. Some children and youth feel bad about this, but it happens all the time and nobody minds.

### **After the test**

Inpatients go back to their units. Outpatients go back to their normal activities.

Your child may feel it stings when peeing the first few days after the test. There may be a little blood in the pee for a day or two. It helps to drink lots of fluids but not anything that has caffeine or alcohol in it.

## **Finding out the results**

A urologist studies the results and sends a report to your referring doctor. Your doctor will arrange a follow-up to discuss the results of the test and make recommendations.

### **Your appointment:**

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

**Place:** \_\_\_\_\_

### **For Urodynamics:**

Go to the Ambulatory Care Building, Level 0, Area 2 Clinic K0-134.

Please come a half an hour early for your appointment. While there is paid parking on the hospital grounds, finding a parking space can be difficult. The valet parking at the main entrance can park your car for free.

### **For Video-Urodynamics:**

Go to the main building of BC Children's, Radiology is on the first floor.

### **Cancellation:**

Please let your doctor know at least one day in advance if you must cancel. This allows someone else to have the appointment.

If you have further questions the urodynamic nurse will take a few moments before your test to address your concerns.

## **Its good to ask!**