



Children's National®

# What to expect: Urodynamics Study (UDS)

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Department of Pediatric Urology

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# A few notes to parents/ caregivers:

This book is meant to be used as a preparation tool for children 5 years and older. It explains a common procedure called Urodynamics Study, or UDS.

Children may have UDS done for many different reasons. Parents/guardians know their children best, so it is up to you to decide how much information to share with your child before coming to Children's National for the procedure.

If your child is having catheters placed under anesthesia, please first watch the ["Having Surgery: What to Expect" video](#) and then skip to page 6 of this book to learn about what happens after your child wakes up.

No more than 2 parents/guardians can be present during the UDS procedure. Additional children can not be in the room during the procedure.

This is Children's National Hospital.

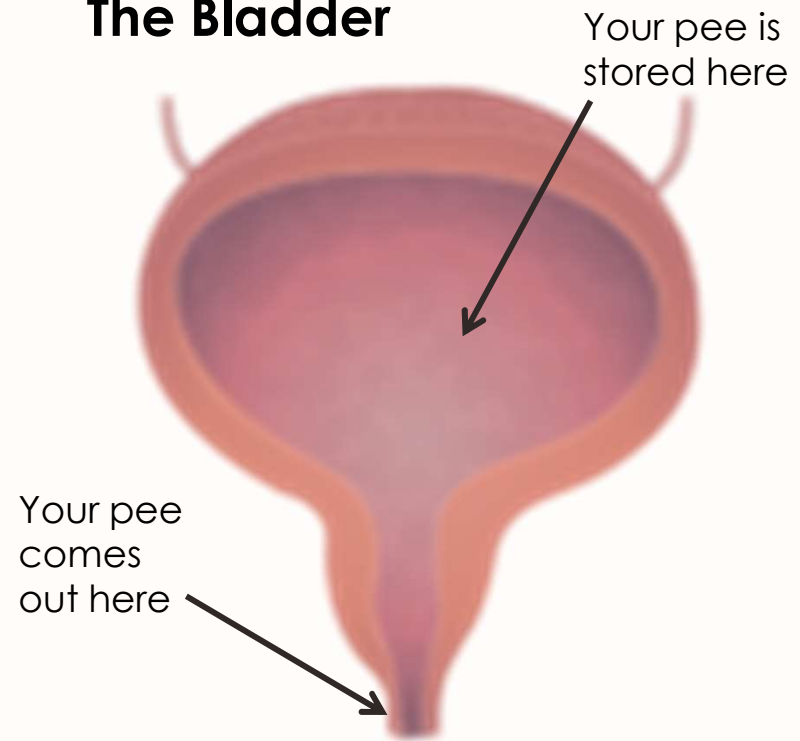
Soon, you will be coming here for a test called **UDS**, which stands for **Urodynamics Study**.



# What is Urodynamics?

- UDS will help your doctors and nurses learn about how your bladder is working.
- The bladder is a part of your body that holds all of your urine (pee) until you are ready to go to the bathroom.
- Many kids just like you have this test done too. You might have some questions about what to expect. Keep reading to learn about what the UDS test will be like.

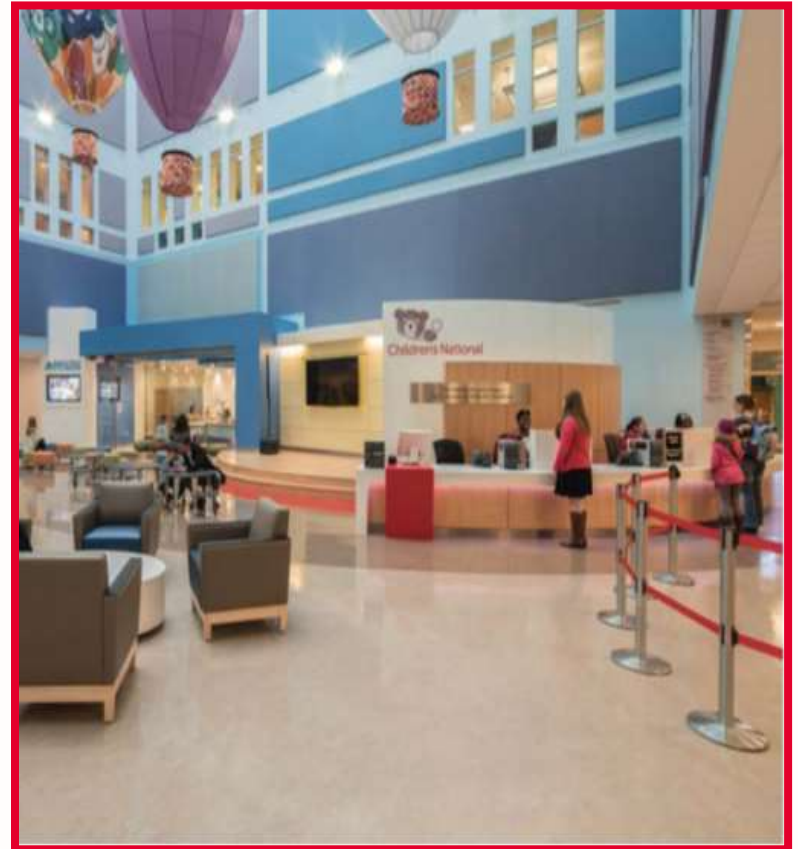
## The Bladder





# 1<sup>st</sup> Stop: The Welcome Desk

- When you first get to the hospital, you and your parent/guardian will check in at the front desk.
- A nurse might take your temperature using a thermometer that scans your forehead.
- Your parent/guardian will get a sticker with their picture on it.
- When you are checked in, take the main elevators (from the main atrium) up to the 4<sup>th</sup> Floor.

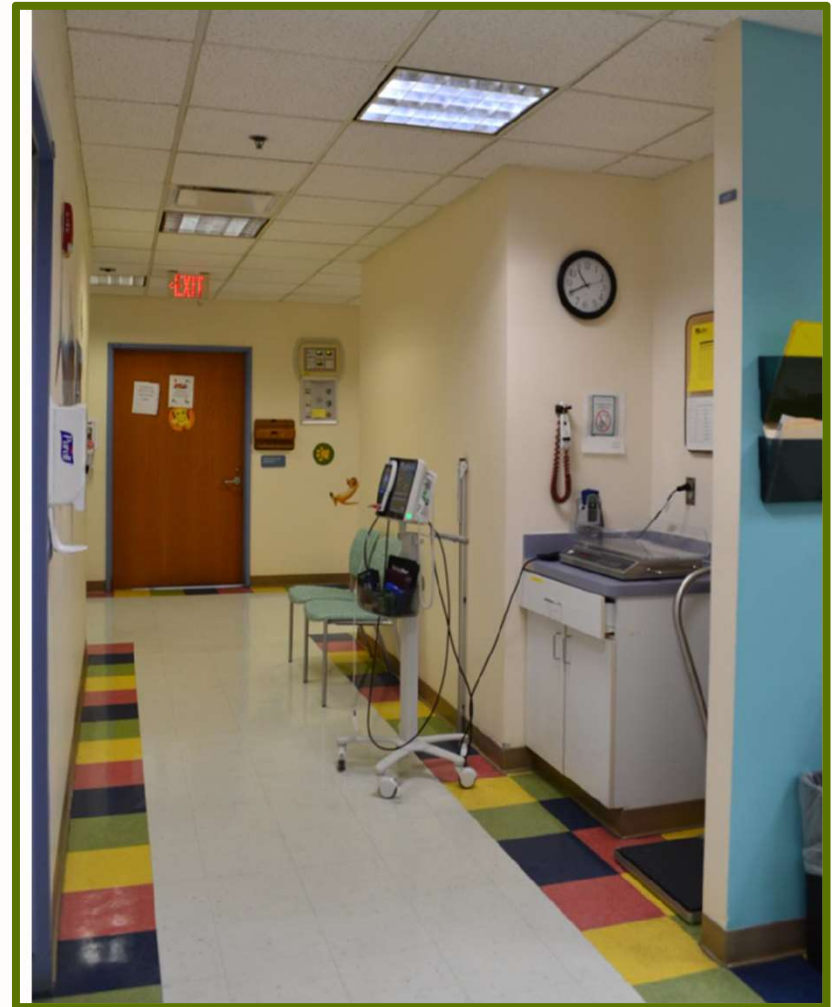


# 2<sup>nd</sup> Stop: The Clinic

- When you get off the elevator, follow the signs for **Suite 4400** (Surgical Specialties Clinic).
- Here, you and your parent/guardian will check in at the clinic's front desk.
- You can have a seat in one of the comfy chairs and wait for your name to be called.



- Next, you will go through a door into the clinic. Someone will check to see how tall you are and how much you weigh.
- They will also take your vitals signs by checking your temperature with a thermometer and using a tight squeeze on your arm to measure your blood pressure.
- Afterwards, you will return to the waiting room and sit down until your name is called again.



# 3<sup>rd</sup> Stop: The Procedure Room

- A nurse will take you and your parent/guardian on a short walk through the clinic and to the procedure room.
- This is where the UDS test will happen. **Your parent/guardian will stay with you the whole time.**



- There are many tools and pieces of equipment in this room. Some of it will be used during the UDS test, but not all of it! Keep reading to learn about which things in this room will be used during your test.

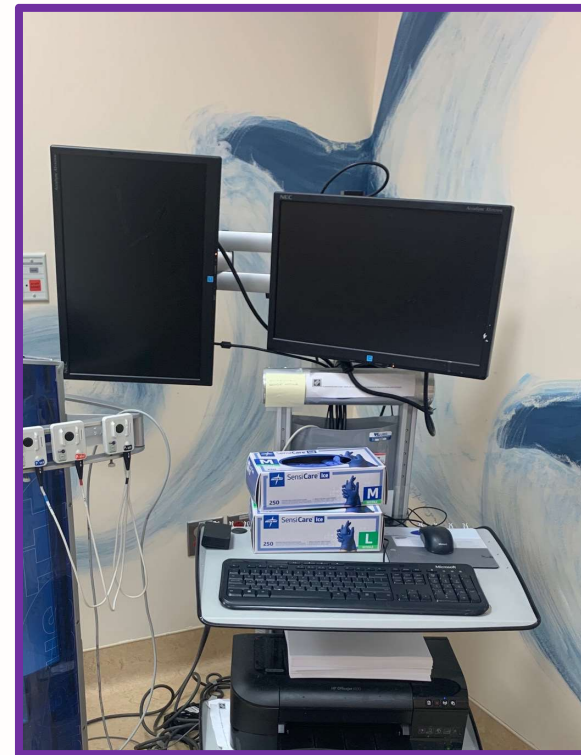


# Things you will see:

This is the bed that you will lay on during the UDS test. You will lay on your back.

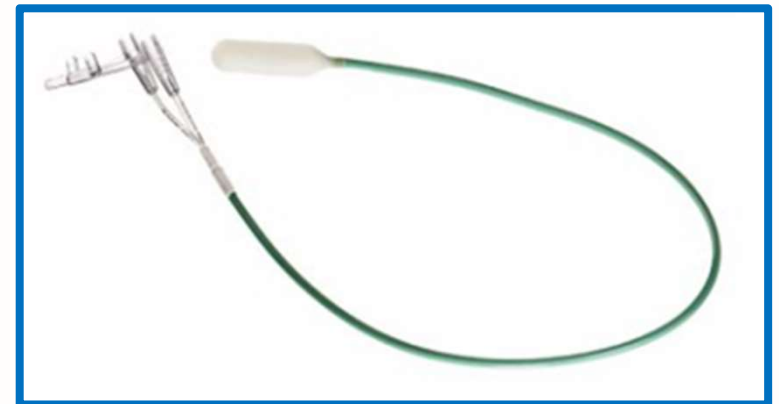


These computer screens will be turned on and will help the nurses learn about how your bladder is communicating with your brain.



# Starting the Test

- First, you will lay down on the bed and take off your pants and underwear. A nurse will give you a blanket to cover up and keep you warm.
- Next, your nurse will put 3 leads on your body. They are like stickers. 2 leads will go on your butt and 1 will go on your hip. The leads might feel cold going on, but they do not hurt!
- Once the leads are in place, your nurse will slide a thin, flexible tube called a catheter into your butt. The catheter will have gel on it to help it slide in easier. You will feel some pressure. The catheter will stay in until the end of the test.



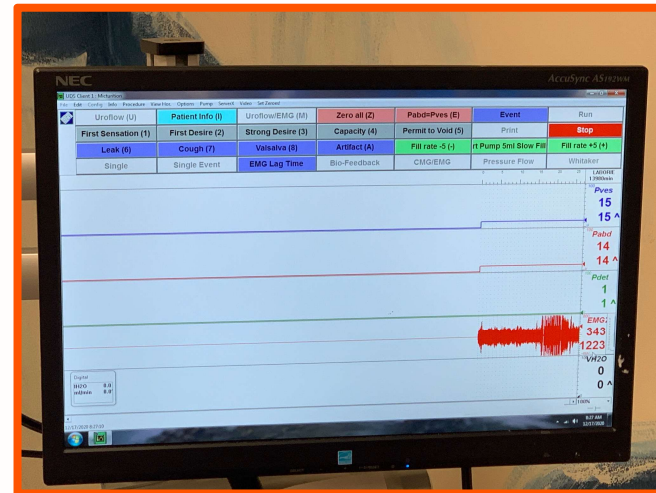
# Next Steps

- Next, your nurse will use a special brown soap to clean the part of your body where your pee comes out. The nurse will clean 3 times and the soap will feel cold.
- Your nurse will then take another catheter, but this time it will go inside the hole where your pee comes out. Some kids say that this part is uncomfortable and that it helps to take some slow, deep breaths. **You can practice holding super still and taking deep breaths at home before coming to the hospital for your test.**
- A few pieces of tape will go on your skin to make sure the catheters do not fall out.



# Time to Relax!

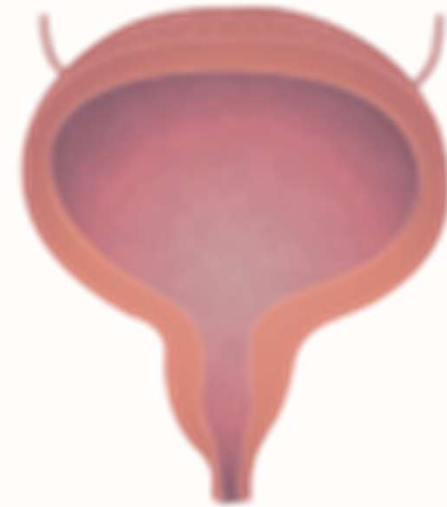
- When you have both of your catheters in place, you can relax for the rest of the test. The nurse will use a syringe to the catheter to empty out any pee that is in your bladder. **This should not hurt.**
- Your leads (stickers) and catheters (tubes) will connect to the computer.
- The nurse might ask you to cough a few times to make sure that the leads and catheters are working correctly. You will see colorful lines on the computer move up and down when you cough or move your body.





# Now What?

- For the rest of the test, your job is to stay very still. You can listen to music, watch a video, or talk to your parent/guardian and nurses!
- While you are laying down, liquid will flow through 1 of the catheters into your bladder. This happens very slowly until your bladder is full.
- Your next job will be to let the nurses know when it feels like you REALLY need to pee!



**Remember this picture of your bladder? As it starts to fill up, it will send a message to your brain letting it know that it is time to pee!**

- When you feel like you REALLY need to pee, the nurse will ask you to try to pee while you are laying down.
- There will be special pads on the bed to catch your pee! Can you see them in the picture?
- If you are not able to pee while you are laying down, the nurse might ask you to pee in a commode (toilet) next to the bed.
- The leads and catheters will stay connected to you and the computer for this part of the test.



# Finishing the Test

- After you empty your bladder by going pee, it will be time to take out both of the catheters.
- The nurse will take off all the pieces of tape first and then gently slide out both catheters. It will help if you take some big, deep breaths.
- Lastly, the nurse will take off the leads. If you want, you can help by taking off the lead on your hip.



**When the UDS test is done, it will be time to get dressed and go home. Great job!**

# See you soon!

If you have any questions regarding your child's upcoming Urodynamics procedure, please contact the Urology Department at 202-476-5042 and ask to speak with a Nurse Practitioner.

If you believe your child would benefit from additional preparation materials or support during their Urodynamics procedure, please contact the Child Life Specialist at 202-476-8939.



**Children's National®**

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