

## Video Urodynamics Study

You have been provided with this information leaflet because either the Consultant or the Specialist Nurse has requested for your child to have a video urodynamics test performed.

### What is a video urodynamics study?

This is a specialised test that measures the pressure inside your child's bladder.

Your child may need this test if they are having trouble staying dry (continent) or have other problems passing urine. This test may be suggested if your child has problems with their urinary system.

The test measures the bladder's ability to hold urine and observes how the bladder empties by watching the pressure in the bladder during filling and emptying.

A contrast material (liquid) that shows up well in x-rays is inserted into your child's bladder and a series of x-ray pictures are taken to assess the pressure inside the bladder.

### Before the Study

A day before the test is scheduled; your child may need to come to the Buxton Ward for a short procedure under a general anaesthetic to insert two catheters (thin plastic tubes) through the skin into their bladder. The two catheters will be coiled together and laid onto your child's skin and covered with a dressing. This dressing should be kept clean and dry until the next day so your child must avoid a bath or shower.

Your child may require a mild pain relief such as paracetamol. Please use as instructed.

If this is needed the procedure will be explained in more detail by your child's doctor and you will be asked to sign a consent form. Not every child will need to have a general anaesthetic and on most occasions the catheters are inserted on the day of the study.

Legally, we are obliged to ask any girl over the age of 12 whether there may be a chance that they might be pregnant.

We will also ask if there is a chance that anybody present for the study could be pregnant. If you are pregnant we would suggest another member of the family is present for the study. This will be explained to you before the appointment date.

## Medication

If your child is taking any medication for their bladder such as Oxybutynin or Desmopressin these should be discontinued a week prior to the procedure unless stated otherwise by your child's doctor.

## Day of the Study

Please attend the **Norfolk Physiology Department (NPU)** at the time stated for the study. The NPU is situated in the **Centre Block Level 2** in the Docking Ward corridor. If you are coming by car and need to park, the closest car park/s are K, L, M, N, O. Car parking charges will apply.

Any metal on clothing such as zips or buttons will give a misleading result and will have to be removed.

## The Study

- You will be able to stay with your child during the study.
- There will be a doctor, two specialist nurses and a radiographer present in the room.
- Your child may wish to bring a mobile device with them for distraction such as an I-pad.
- A small catheter will be placed into your child's bottom (rectum) using lubrication jelly to aid insertion. This will measure the pressures in your child's abdomen during the test.
- The dressing covering the two catheters will be removed and the catheters will be flushed with water to make sure that they are working correctly. If a catheter is inserted on the same day as the study this will still be flushed to check the position.
- One of the catheters will be connected to a computer to measure the pressure inside the bladder and contrast liquid is dripped through the other catheter into your child's bladder.
- While the bladder is filling with contrast liquid, the radiographer will take some x-ray pictures at regular intervals.
- The nurse will ask your child to tell them as soon as they feel the urge to urinate and how strong that feeling is.
- Once your child's bladder is full of contrast liquid the bed can be tilted so that your child is in an upright position to encourage them to pass urine.
- Once your child's bladder is empty any remaining contrast will be removed from the bladder by attaching a syringe to the catheter and draining it off.
- When enough pictures have been taken the test will end.

- The nurse will remove the stitches holding the two catheters in place and gently remove the catheters.
- A small dressing may be placed over the area.
- The catheter will be removed from your child's bottom.
- The study usually takes between 60 - 90 mins.

### **After the study**

If your child is not having any further tests or investigations then you are able to go home.

The doctor may wish to speak to you after the study.

Your child will need to drink plenty of fluids after the study to avoid any stinging that may occur whilst passing urine.

### **Further questions**

If you have any further questions please contact:

Paediatric Urology Specialist Nurse on 01603 287550 (Mon-Fri 08.00-16.00)

or

Norfolk Physiology Unit (Mon-Fri 08.30-16.30) 01603 288231