

THE LEEDS TEACHING HOSPITALS NHS TRUST

ST JAMES'S UNIVERSITY HOSPITAL

CHILDREN'S SERVICES

PAEDIATRIC URODYNAMICS

INFORMATION FOR PATIENTS AND CARERS

THE LEEDS
TEACHING ST

ST JAMES'S
UNIVERSITY
HOSPITAL

EDIATRIC
URODYNAMICS

INFORMATION FOR
PATIENTS AND
CARERS

AN APPOINTMENT HAS BEEN MADE FOR YOU TO UNDERGO URODYNAMIC STUDIES

ON:.....

AT:.....

ON WARD 15, LEVEL 08, GLEDHOW WING, ST JAMES'S UNIVERSITY HOSPITAL

PLEASE TELEPHONE 0113 2065715 AS SOON AS POSSIBLE TO CONFIRM THAT YOU CAN ATTEND FOR YOUR APPOINTMENT

WHAT IS URODYNAMICS?

Urodynamics is the study of **pressure** and **flow** in the bladder. It measures the pressures inside your bladder whilst it are passing urine.

You have to be admitted to ward 15 and the X-ray department to have this test performed.

The test is done on the bladder to see if there are any disturbances in the way the bladder and the urethral sphincter function, which may be the reason for urine leaking out causing you to be wet.

HOW IS THE TEST DONE?

1. THE CATHETER

In preparation for the test it will be necessary for the nurse to pass a fine tube called a **catheter** into your bladder up the tube which you pass urine through called the **urethra**. The catheter is lubricated with jelly to make it slippery so that it will slide in without causing too much discomfort. It may give you the feeling of wanting to wee but any discomfort should ease off quickly.

(You may be able to insert the catheter yourself if you have already been doing this at home.)

Sometimes children have to be admitted the day before the test, as they need to go to theatre for an examination under anaesthetic. This is called a **cystoscopy** and the catheter is also put in whilst they are asleep but this is slightly different as the catheter is put into the bladder through the abdominal wall. This type of catheter is called a **Supra-pubic** catheter.

2. THE RECTAL PROBE

Before the test can begin a very fine tube with a small balloon on the end has also to be passed into your bottom. This may be a little uncomfortable and give you the feeling of wanting to poo. Like with the catheter this feeling will soon ease off and it will be removed as soon as the test has finished.

3. THE URODYNAMIC TEST

Both the bladder catheter and the rectal tube are connected to a machine. The bladder catheter will fill slowly with a special fluid and eventually give you the feeling of having a full bladder. This may take up to ½ hour and you will be asked to try and keep still. Pictures will be taken throughout the test but this does not hurt and you will be able to see the pictures on the screen.

You can bring in a book or toy to keep you occupied during the test and your mum and dad can stay with you all the time.

After the test has finished the doctor may be able to say if he can see a reason for your problem or if any further investigation or treatment is needed.

All the tubes will be taken out before you leave.

You will be given an appointment to return to the outpatient clinic (or alternatively one will be sent to you through the post) and you will then be able to go home.

GOING HOME

On return home it is important for you to drink plenty of fluid.

This helps you to produce a good flow of urine through the bladder and helps reduce the possibility of developing a urine infection.

The Doctor may prescribe some antibiotics for you to take home.

For more information, help or advice please contact:

Craig Taylor Paediatric Surgical / Urology Outreach Nurse
0113 2064964 / 2065715
Jill Hodsman Surgical Nurse Specialist
0113 2066771 / 2065715

FREQUENCY VOLUME CHART

Before you attend for the study we would like you to fill in the following table which will chart your fluid intake and urine output over the seven days prior to the investigation.

How much should I drink?

During the seven-day period you should lead a normal life drinking your usual amounts taking any tablets or medicines your doctor has prescribed. Write down on the chart the amount you drink noting down the time. It is best to drink from the same cup so that you always know how much it holds.

What should I do when I pass urine?



Go to pass urine as you would normally do. Measure the quantity you pass each time you wee day or night. You can use a cheap clear plastic measuring jug for this purpose. Write down on the chart the amount you wee noting down the time.

What happens at night?

Fill in the chart as you would do during the day. However if you have to get out of bed to wee in the night please place an * next to the amount of wee passed.

What if I leak or wet myself?

If you leak urine at any time either by wetting your clothes or by wetting the bed at night make a note of this on the chart.

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PLEASE BRING THIS CHART WHEN YOU COME FOR YOUR APPOINTMENT

WHEN YOU COME FOR THE TEST TRY TO COME WITH A FULL BLADDER IF POSSIBLE

I = INTAKE / O = OUTPUT

	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7	
	I	O	I	O	I	O	I	O	I	O	I	O	I	O
0700														
0800														
0900														
1000														
1100														
1200														
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