

# Preparing for Your Child's Bladder Function Study

## *Pediatric Urodynamics*

A **urodynamics study**, also called **UDS**, looks at how the bladder is working. To do a UDS, you will need to help prepare your child for the study a few days before the test is scheduled. This handout explains how to prepare for a UDS.

### Preventing constipation

It is important that your child is not having difficulty pooping, which is called **constipation**, for the study to give good results. Your child's poop should be soft, and they should be pooping every day without having to push hard to get the poop out. The poop should look like soft serve ice cream.

The care team will have you start giving your child medicine to help soften their poop to prepare for the UDS the weekend before the study. This is called doing a **bowel preparation**.

The instructions for the bowel preparation will be given to you with this handout. The care team will also call you a few days before you should start the bowel preparation to review how this is to be done.

**If your child has not pooped for several days before the study, the UDS may need to be rescheduled.**

### Preventing infections

To prevent an infection in your child's pee, called a **urinary tract infection**, or a **UTI**, you will be asked to give your child an antibiotic before the study. An **antibiotic** is a medicine that kills germs, so infections are less likely to occur. This is a **prophylactic antibiotic** which means it is given to prevent an infection from starting.

If your child is not already taking a daily prophylactic antibiotic, their provider will prescribe one. Start giving your child the antibiotic **2 days before the study**. They should continue to take it each day as prescribed **until 2 days after the study**.

**If your child is not taking the prophylactic antibiotic as prescribed, their study will be rescheduled.**

### The day of the UDS

The UDS can take **2 to 3 hours to complete**. We recommend you come prepared for the study by:

- **Arriving 30 minutes early** to your child's appointment to meet with the Child Life Specialist.
- **Bringing things to comfort or distract your child** such as electronics, books, a blanket, and snacks.
- **Arranging childcare** for any other children you may care for during the studies time. Siblings will not be allowed in the testing area during the UDS.
- **Having up to 2 caregivers present** that can be with your child during the study. **If x-ray images are ordered to be done during the study, pregnant caregivers are not allowed in the room.** You can talk to your child's care team to see if x-ray images are ordered for your child.