



Your child is scheduled for a full urodynamic procedure on _____ at _____.

Important reminders:

- If you are a parent or guardian, you can stay with your child during the procedure.
- The length and nature of this visit may make it difficult for siblings or other young children to attend. If you have to bring other children to this appointment, please bring another adult to supervise them. Children can't be left unattended in our waiting room.
- The procedure time varies but typically takes 1.5 hours, which includes explaining and performing the procedure. We book appointments closely throughout the day. **If you are more than 15 minutes late**, we may have to reschedule your appointment.
 - The Longwood Medical area has a lot of traffic. Please allow extra time to travel here if you are coming during rush hours or in bad weather.
- **If you can't keep your appointment, please call the Urodynamics within 48 hours of your scheduled appointment time.**
- **You'll get an email 5 days before your scheduled appointment with instructions on how to fill out digital paperwork.**

For any questions or concerns, call the Urodynamics Department at (617) 355-6171, Monday–Friday, 8:30 a.m.–5 p.m. Ask to speak with a nurse or leave a message, and a nurse will return your call.

What is a full urodynamic procedure?

A full urodynamic study is a test to see how the bladder and **urinary sphincter** works. This is the muscle that opens and closes to let **urine** (pee) come out.

Who will do the procedure?

Our Urodynamics clinical team does the study.

Where does the procedure take place?

- The study takes place in our Urodynamics office, located at 300 Longwood Ave., Boston, MA in the Farley/Pavilion Building on the second floor. For help with directions, call 617-355-5036.
- If you park your car in the Boston Children's garage, bring your parking ticket with you and have it validated at 1 of the Information Desks. Valet parking is available for an extra cost by driving up to the front door.

How do I prepare my child for this procedure?

Give medications

- If your child takes bladder medication for their bladder 2 or 3 times a day (Ditropan, Detrol, Levsin, Robinul or Sanctura) give these medications 2 hours before the scheduled appointment time.

- If your child takes bladder medication that is given once a day (Ditropan XL, Detrol LA, Levsinex, Mirabegron or Sanctura XR), give the medication as you usually do at the regular time.
- If your child is on the Oxytrol® patch, change the patch **24-36 hours** before your child's appointment.
- If you have any questions about medication, call us at (617) 355-6171 and speak with a nurse.

Watch for a urinary tract infection (UTI) or illness

If your child is ill or has a urinary tract infection (UTI) at the time the study is scheduled, call us at (617) 355-6171 as soon as possible.

Eating and drinking

Your child may eat and drink as usual.

Bowel preparation

If your child currently has a bowel regimen, please continue if one is prescribed.

If your child currently does NOT take bowel medications: the night before the study, give your child the following after dinner:

- **If your child is under age 2:** Give an **infant (not adult size)** glycerin suppository. You can buy this over-the-counter at a pharmacy. Follow the directions on the package.

- **If your child is over age 2:** Give a Dulcolax® 10mg suppository. You can buy this over-the-counter at a pharmacy. Please use the suppository kind and follow the directions on the package.
 - The suppository helps your child to have a bowel movement (poop) the night before or the morning of your child's procedure. This will help the person doing the test get your child ready.

Talk to the doctor or nurse if your child has any allergies before giving over-the-counter medicines.

If you have questions about the suppositories, call us at (617) 355-6171.

Arrive with a comfortably full bladder

Your child's bladder needs to be comfortably full for the procedure. Try not to let your child **urinate** (pee) or be catheterized before the study.

Talk with your child and/or meet with a Child Life specialist

- Be honest with your child about the test. Explain in simple words why the test is needed, what will happen, and what you can do together to get ready for the test.
- Our Child Life specialist is available to help prepare your child before the test and provide support on the day of the procedure.
- Please ask about Urodynamic (UDS) Social Stories for more information.
- If you have questions or concerns, call us at (617) 355-6171.

Bring comfort items from home

- Some things that can help your child feel more comfortable throughout the test:
 - If your child is an infant, bring a pacifier and a bottle to soothe them.
 - Your child can bring a favorite toy, blanket, music, video or music.
 - There is a TV and DVD available in the room so your child can watch a movie.
- If you have questions or concerns, call us at (617) 355-6171.

Will my child be sedated for this procedure?

We do not recommend using sedation (medication to make your child sleepy) during this procedure. That's because we need to see how your child's bladder fills and empties.

Sedatives can change the way the bladder works and get in the way of your child's ability to pee when asked to.

What happens during the procedure?

Each part of the test will be determined based on your child's needs. These parts may include a:

- Flowrate (uroflow)
- Placement of a rectal balloon/tube
- Catheterization
- Cystometrogram (CMG)
- Electromyogram (EMG)

Flowrate (uroflow)

- Your child may be asked to urinate in a special toilet in a private bathroom to measure the urine's flow rate (called a uroflow) by a computer.
- If your child is not toilet trained or catheterized, they will not need to do this part of the procedure.

Rectal balloon/tube

We may place a small tube with a small balloon on the end of it in your child's rectum to help us get a better picture of how the bladder muscle works. Putting the balloon in feels a little like having a rectal temperature taken. Many children say it feels "cold and slippery."

Catheterization

- Your child may lie on their back on a padded table. The nurse cleans the area between your child's anus and genitals with liquid brown soap.
- The catheter is a thin, soft, flexible tube that slides into the urethra with lubricant and is loosely taped to the leg so it will not come out during the study.
- Many children say that when we put the catheter in, it feels like a "pressure that goes away after the tube is in"
- The nursing staff may apply a medication to help numb the area if possible.
- We will cover your child as much as possible with blankets and/or a drape for privacy.

Cystometrogram (CMG)

- Your child will be asked to lie still.
- We fill their bladder slowly with warm saline through the catheter.
- Your child urinates with the catheter in place so the computer can track pressures. We put a soft absorbent pad underneath your child.
- Sometimes we may need to refill the bladder with warm saline to be sure of the findings.
- The procedure ends soon after your child urinates.

Electromyogram (EMG)

- We place an electrode into the **external** (outside the body) urinary sphincter muscle.

- If your child has female anatomy, we place this electrode next to the urinary catheter.
- If your child has male anatomy, we place this electrode between the scrotum and the rectum.

When will I learn the results of the procedure?

Please follow up with the doctor or health care provider who ordered this procedure for results.

Billing questions?

- Please contact your doctor or your insurance company if your child's health insurance requires referrals or prior authorization.
- Please bring your child's insurance card to your child's appointment.
- **If you have billing questions,** call Outpatient Billing at 617-355-7123 or Urology Billing at 617-919-4095.