

# Preparation for urodynamic testing

## The urologist ordered a urodynamic test.

**Date of test:** \_\_\_\_\_ **Time:** \_\_\_\_\_

The urodynamic test is used to assess the bladder function, in other words, to assess its ability to store and empty urine. During the procedure, the measurements are obtained by inserting a urinary catheter into the bladder through the urethra and another catheter into the rectum.

To obtain accurate readings, the rectum (end of large intestine) must be free of stools. A bowel preparation is necessary:

| Age                     | 3 days before the test   | The day before the test  |
|-------------------------|--------------------------|--------------------------|
| 6 months to 2 years old | 1 glycerine suppository  | 1 glycerine suppository  |
| 2 to 10 years old       | 1 paediatric Fleet enema | 1 paediatric Fleet enema |
| 10 years old and older  | 1 adult Fleet enema      | 1 adult Fleet enema      |

### For example

#### If the urodynamic test is on a Thursday:

|                        |   |               |
|------------------------|---|---------------|
| Monday after dinner    | ☛ | 1 Fleet enema |
| Wednesday after dinner | ☛ | 1 Fleet enema |

The over-the-counter enema should flush out all the stools. If no stool comes out, it must be repeated. Read the instructions on the box carefully to know how to use it.

- Your child does not have to fast to do this test.**
- It is necessary that their bladder be full for the examination.**
- It is important to make sure that the child does not have a urinary tract infection.** This is why you must go to your CLSC, a clinic in your area or a private laboratory for a urine analysis and culture **2 weeks prior** to the test (please print the attached request).

If your child has or has had a urinary tract infection in the month before the test date, the test may be rescheduled. Please call us if it applies.

## Reminder

### Your child needs to have a debimetry (urine flow test) or an EMG.

While waiting for your **urology** appointment in the waiting room :

- ▶ **Your child must drink** prior to their doctor or nurse appointment. Your child must arrive with a full bladder.
- ▶ When your child has the urge to urinate, **check in with the nurses at the clinic** to do the urine test.
- ▶ **Don't send your child to the public washrooms.** Instead check with the nurses at the clinic. **Your child will have to urinate on a special toilet (debimetry).**

### For further information, please contact:

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