



**Pediatric Surgical  
Associates, Ltd.**

Patient and Family Education

## **Urodynamics Testing Preparation (Video, EMG/CMG, Uroflow)**

Your child is being scheduled for urodynamics testing. This testing will help measure the pressures and function of the bladder. Testing will be done at Children's Hospital of Minneapolis. You will be receiving additional information prior to the testing date from Children's that will explain where you need to go on testing day, what the testing involves and how to best prepare your child for the tests.

**It is very important that your child arrives to the testing free of any constipation.** Stool in the colon and rectum will negatively affect the testing which will give poor results.

We recommend that your child have either a glycerin suppository or a Fleet enema the night before the procedure. This will ensure that his/her rectum is clear of stool. Glycerin suppositories or Fleet enemas can be purchased over the counter at any drug store or pharmacy. Please see the table below for specific recommendations. If you have questions on which enema to purchase or how to administer the enema, please ask your pharmacist.

If your child is already on a bowel program to help clear their bowels, please make sure that the program is being done daily for 2-3 days prior to the testing.

If your child is scheduled for a Uroflow test, he or she must come to the appointment with a full bladder as this test measures the flow of the urine as they void.

We want your child's test to be successful. It is VERY important that these instructions are followed.

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### **PLEASE FOLLOW THE CHART BELOW ACCORDING TO YOUR CHILD'S AGE**

Infant (1-12 months of age) - give one Pediatric Glycerin Suppository

Child (2-4 years of age) - give one half contents of one 2.25 ounce pediatric Fleet enema

Child (5-11 years of age) - give the entire contents of one 2.25 ounce pediatric Fleet enema

Children 12 year and older - give the entire contents of one 4.5 ounce enema as single dose