

# Paediatric Bladder Scan and UroFlow Tests

## Information for patients

This leaflet explains more about Bladder Scan and UroFlow tests, including the benefits, risks and any alternatives and what you can expect when you come to hospital. If you have any further questions, please speak to a doctor or nurse caring for you.

## What are a Bladder Scan and UroFlow?

The Bladder Scan and UroFlow are two short pain-free tests to assess how well your child's bladder is functioning. These are non-invasive procedures and are not the same as urodynamics.

## Why should my child have a Bladder Scan and UroFlow Test?

Following a recent appointment with your child's consultant, your child's name has been added to the waiting list for Bladder Scan and UroFlow. This assessment will enable either the Nurse Specialist or the consultant to advise you on ways to improve your/your child's bladder function.

## Where will I have to go for the Bladder Scan and UroFlow?

The procedure takes place on a Monday or Friday (occasionally there will be other days too). **One of the most important aspects of the assessment is the completion of the three day bladder diary that is sent to you with the appointment letter. This does not need to be three days in a row but gives a better understanding of your child's bladder habits than a one off void (emptying of bladder). On the actual day the assessment takes around one hour to complete, depending on if your child is ready to void on arrival.**

Please report to Nicholls Ward, 5<sup>th</sup> floor Lanesborough Wing.

## How can I prepare for the Bladder Scan and UroFlow?

We ask that you arrive promptly and that your child has had a large drink, preferably prior to arriving as **the scan necessitates your child to have a full bladder** or has one when you arrive at the hospital. Your child will be seen promptly so please do not allow them to go to the toilet. If you arrive late you may not be seen and may have to be rebooked as a late arrival impacts on the next patient's care.

If you are or your child is anxious about having to arrive with a full bladder, we suggest you arrive early to give your child time to fill his/her bladder while at the hospital.

## Asking for your consent

It is important that you feel involved in decisions about your care. For some treatments, you will be asked to sign a consent form to say that you agree to have the treatment and understand what it involves. You can withdraw your consent at any time, even if you have said 'yes' previously.

If you would like more details about our consent process, please ask for a copy of our policy.

## What happens during the Bladder Scan and UroFlow?

The bladder scan involves the abdomen (tummy) being covered in 'jelly'. A scanner probe slides over the abdomen. This does not hurt and should not alarm your child. The probe does not go inside your child.

The nurse specialist will ask your child if they are able to pass urine in a special toilet. This is done in privacy, with only the parent present, if the child wishes to be with them.

The nurse specialist will then re-scan the tummy to ensure that the bladder is empty. If the bladder is not empty the scan can determine how much urine is remaining.

## Will I feel any pain?

Both of these tests are pain-free, the 'jelly' on the belly may be a little cold but that is all.

## Will I have a follow-up appointment?

The results of the test will be sent to your consultant and these will be discussed in your next appointment. If you do not have an appointment then one will be organised for you and will be sent out to you in the post. If you see the consultants at another hospital then you will need to contact that hospital to organise your child's follow up.

## Contact us

If you have any questions or concerns about Bladder Scan and UroFlow, please contact the paediatric continence team on 020 8725 2454 (Monday to Friday, 9am to 5pm). **Text on 07717 291 217** or email us on [Paediatric.continence@stgeorges.nhs.uk](mailto:Paediatric.continence@stgeorges.nhs.uk) . **If you have any problems on the day or are unable to attend please use the mobile number to text us.**

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

## **NHS Choices**

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

## **NHS 111**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

## **AccessAble**

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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