

## **Paediatric ultrasound examination of bladder reflux**

The examination looks at the structure of the bladder and urethra and whether the child has backflow of urine, i.e. reflux from the bladder to the kidneys.

### **How to prepare for the examination?**

The child is allowed to eat and drink normally. When preparing your child for an ultrasound examination, it is good for them to drink more, if possible 1-2 hours before the examination. The bladder should be as full as possible during the examination, and therefore emptying the bladder must be avoided before the examination

If the child has had a urinary tract infection, the procedure is usually performed after four weeks, at the earliest. In addition, it is required that a urine sample shows that there is no infection in the bladder.

### **How is the examination done?**

The examination is performed with the help of an ultrasound device. A thin plastic tube, or catheter is placed in the child's urethra in order to get the contrast medium into the bladder. An anaesthetic gel is applied to the opening of the urethra before inserting the catheter. The bladder is then filled with contrast visible on ultrasound through a catheter.

You can bring your child's favourite toy to the examination. It is good to mention to the child that it will be dark in the examination room at the time of examination. Before coming to the examination, you can role-play the procedure situation together at home, for example with a doll. In the examination, a suitably warmed lubricating gel is applied to the child's skin and the probe is moved on the skin over the stomach and flanks near the bladder and kidneys. A close relative may be next to the child during the entire examination. The examination usually takes 30 to 60 minutes. Please be aware that our department also conducts other emergency on-call examinations, therefore your examination time might vary.

### **What about after the examination?**

The catheter may irritate the bladder. Good aftercare includes drinking lots of fluids, which helps reduce irritation. It is rare that there is a burning sensation in the urine or irritation of the bladder by evening time after the examination, or later. However, if the symptoms persist, you should contact the referring doctor.

The referring unit is responsible for reporting the results of the procedure.