

HOME PRESSURE TEST INSTRUCTIONS

Caregivers may be asked to perform home pressure tests on children who regularly use *clean intermittent catheterization (CIC)*. This at-home test gives the specialists at the CHOC Children's Urology Center useful information as to the pressures inside a child's bladder at different volumes of urine. If asked to perform this at home, please mail, fax or bring the results of the test to our office for review once it is completed.

1. Patient relaxes and lies on their back. Please encourage them to remain lying down as lifting their head can cause a false measurement.

2. The caregiver (not the patient) inserts the catheter until they see urine in the tube. Quickly lift the open end of the catheter up towards the ceiling, while keeping the catheter in the patient.

For boys, place a ruler so that the "0" of the ruler is where the penis meets the scrotum. Not where the catheter enters the penis. The ruler should be lined up so it points towards the ceiling.

For girls, place a ruler so that the "0" is lined up with where the catheter goes into the body. The ruler should be lined up so it points towards the ceiling.

For a Mitrofanoff, place a ruler so that the "0" is lined up with where the catheter enters the body. The ruler should be lined up so it points towards the ceiling.

3. Please note how high up into the catheter the urine reaches at first. This is the point you measure up to with the ruler and record on the log in centimeters (cm) *not inches*. If the urine overflows out of the tube write "overflow" on log.

4. Now empty the urine into a container where you can measure the amount of urine emptied. Fully empty the bladder. Record this volume on the log.

5. Repeat in the morning as often as you can before your next visit.

