

DIVISION OF UROLOGY

Hartford | Farmington | Glastonbury | Fairfield | Danbury

Bowel Clean Out for Urodynamics (UDS)

Neurogenic Bladder

- Start Ex-lax Regular Strength Chocolate Chewable® at bedtime 2 days prior to urodynamics study.
 - 2-5 years old 1 chewable at bedtime x 2 days
 - 6-9 years old 2 chewable at bedtime x 2 days
- 10 years and older 3 tablets at bedtime x 2 days
- If patient can swallow pill they may take Dulcolax 5mg tablets instead of Ex-lax: 6-9 years old 1 tablet; 10 years and older 2 tablets
- If patient prefers, liquid Senna can be taken as Senna liquid 8.8mg/5mL under a variety of brand labels 2 teaspoons (10mL's) = 1 tablet of chocolate Ex-lax
- Morning of urodynamics give a dulcolax suppository

**If by history, there is hard stool or balls of stool, you can use one of these to soften stool:

- **Pedilax** liquid which is docusate sodium 50mg/15mL can add to juice
 - 2-11 years old 50-150mg/day by mouth divided once or twice daily
 - 12 years and older 50-300mg/day po divided qd-BID prn
- **Magnesium Hydroxide**
 - Pedilax 400mg tablets watermelon chewables
- **Lactulose**
 - Lactulose Syrup 10g/15mL or Crystals for reconstitution 10g (30s), 20g (30s)
 - Lactulose 7.5mL/24 hours by mouth after breakfast

Non-Neurogenic Bladder

If stools typically soft

- Start Ex-lax chocolate chewable 2 nights prior to urodynamics study.
 - 2-5 years old 1 chewable at bedtime x 2 days
 - 6-9 years old 2 chewable at bedtime x 2 days
 - 10 years and older 3 tablets at bedtime x 2 days

- If patient can swallow pill they may take Dulcolax 5mg tablets instead of Ex-lax:
 - 6-9 years old 1 tablet at bedtime x 2 days
 - 10 years and older 2 tablets at bedtime x 2 days
- If patient prefers liquid Senna can be taken as Senna liquid under a variety of brand labels (2 teaspoons = 1 tablet of chocolate Ex-lax)

If stools are typically hard

- Start 2 days prior to urodynamics study with 1 capful Miralax in the morning
- Then follow the instructions above