

Antenatal Renal Pelvic Dilatation >10mm

Neonatal Services

What is antenatal renal pelvic dilatation (ARPD)?

The urine formed in the kidneys collects in the renal (kidney) pelvis. It then drains into the bladder via the ureters. About one in a hundred babies will have one or both pelvis (plural of pelvis) appearing dilated on the antenatal ultrasound scans. This is also known as hydronephrosis. About ninety percent of these resolve before or shortly after birth. Only one in a thousand babies will require surgical treatment in early childhood.

What causes ARPD?

In most babies there is no underlying abnormality and the dilatation settles on its own. In a small minority an underlying problem will be found. These are all treatable - your baby's doctor will discuss this with you if appropriate.

What are the symptoms?

Usually none. Most babies will be well and continue to thrive. Rarely, baby boys will have a poor stream of urine. Some babies have a higher risk of urine infection. The symptoms may be fever, vomiting, poor feeding and generally being off-colour. In this case please consult your GP urgently so a urine sample can be tested for infection.

How is it treated?

From birth an antibiotic called trimethoprim will be started, to help prevent urine infection. This is given as a single, night-time dose. The hospital will give you a starting supply. It is important that you get further supplies on prescription from your GP, so that there is no interruption of the treatment. The dose will need to be adjusted at intervals as your baby gains weight - your GP or neonatologist will do this.

This antibiotic is usually very well tolerated by babies and rarely causes any side effects.

Your baby will have an ultrasound scan of the kidneys in the first few days of life and further tests may be done following this. A further scan is then done at about three months of age.

A neonatologist will see your baby in clinic after the 2nd scan and you will be informed of the results.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.**
- **If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.**
- **Keep the environment clean and safe. Let's work together to keep it that way. Prevention is better than cure.**

In many babies, the dilatation will have settled on its own and the trimethoprim can then be stopped.

If the dilatation hasn't settled, more tests may be needed. If your baby needs an MCUG (catheter test) then you will be asked to give the trimethoprim twice a day instead of once for the day before, day of and day after the test.

In some babies the dilatation settles more slowly. In very few babies with severe or increasing dilatation surgery may be needed to treat an underlying problem. This will be done at Birmingham Children's Hospital. The doctor will discuss all these issues with you if it applies to your baby.

In the meantime, if your baby develops a urine infection, it is important to treat it promptly. This will usually be with an antibiotic different to trimethoprim if your baby is taking this regularly.

Remember:

- ARPD is a relatively common finding on baby scans in pregnancy
- The majority of cases settle on their own - a small number will need further monitoring and very few possibly surgery
- It is important to prevent urine infections - the most common antibiotic used is trimethoprim. The dose will need to be increased as your baby gains weight
- If your baby becomes unwell in any way, please get a urine sample tested for the possibility of infection.

If you have any questions after birth please contact the neonatal secretaries on 01902 307999 ext 5177 or 5179 If your baby is on preventative antibiotic, remember to give it every day.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。