

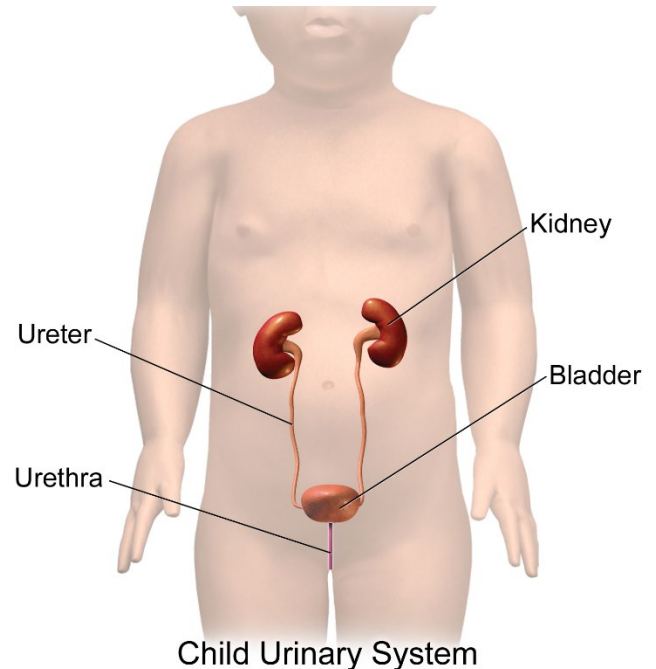
Life After Vesicoureteral Reflux (VUR)

What is Vesicoureteral Reflux (VUR)?

Vesicoureteral reflux (VUR) is the abnormal flow of urine from your bladder back up the tubes (ureters) that connect the kidneys to the bladder. Normally, urine flows only down from the kidneys to the bladder.

Vesicoureteral reflux is a common disorder in children. The majority of patients are managed with medications and observation, while some patients have surgery to correct the reflux. After the reflux has been surgically corrected or resolved on its own, kids typically continue to see a urologist for routine checkups for a number of years. At some point, the routine follow-up with a urologist is no longer necessary, but if you ever had a reflux, you need to remember and note this history. Parents need to remember to remind their children of this medical history as they become adults.

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Fortunately, most patients with reflux have no damage to the kidneys and grow into adulthood with no long-term effects of VUR. People do so well, they forget that they ever had reflux!

What should I keep in mind as I enter into adulthood?

- When asked if you have any medical problems, include a history of **your VUR**. You can simply write in: Urine Reflux.

- If you had surgery for reflux, try to remember which side (right, left, or both).
- **You must have a yearly physical exam**, including blood pressure check and urinalysis for protein.
- **If you are pregnant, you must inform your doctor** about your history of reflux.
 - Even if there is no history of kidney damage, the kidneys are under significant stress during pregnancy and should be monitored.
- **Children of parents with a history of reflux should be screened for VUR at an early age.**
 - Remember to inform your child's pediatrician that you had reflux as a child.

If you have any of the following conditions:

- a solitary functioning kidney
- small kidneys
- high blood pressure
- protein in the urine
- reflux nephropathy

You must follow the above recommendations strictly. **You must also see a nephrologist (kidney specialist) on a regular basis for routine follow-up care.**

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