

## Perinatal Urinary Tract Dilation: Are We Managing It Correctly?

### ***Internet Enduring Material***

***Release Date:*** 05/11/2026

***Expiration Date for Credit:*** 05/10/2029

*Content was originally presented as part of the Pediatrix Neonatology Grand Rounds series on May 6, 2026.*

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### ***Time to Complete***

The estimated time for completion of this Internet Enduring Material is 50 minutes.

### ***Target Audience***

This presentation is intended for physicians, advanced practice providers, and other clinicians practicing within the Neonatology specialty.

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### ***Disclosure of Relevant Financial Relationships***

**Tony Herndon, MD**, faculty for this educational activity, has no relevant financial relationships with ineligible companies to disclose. *FDA Disclosure(s)*: none to report.

**Timothy Biela, MD, Nicole Brenson and Jaya Sariga, NNP-BC**, planners of this educational activity, have no relevant financial relationships with ineligible companies to disclose.

### ***Commercial Support***

There is no commercial support for this educational activity.

## **Overview**

Significant variability persists among clinicians in the postnatal evaluation and management of prenatal urinary tract dilation (UTD), including overuse of voiding cystourethrography (VCUG), indiscriminate continuous antibiotic prophylaxis (CAP), and inconsistent application of risk-stratified surveillance protocols. The 2025 AAP clinical practice guidelines introduce 18 key recommendations shifting from indiscriminate testing to evidence-based, risk-stratified care requiring clinicians to update their approach to classification, prophylaxis, and imaging.

## **Objectives**

*At the conclusion of this activity, the participant will be able to:*

- Discuss the timing of appropriate follow up for prenatal hydronephrosis.
- Identify patients at most risk of urinary tract infection and when to start prophylactic antibiotics.
- Evaluate which patients should undergo more involved testing postnatally.

## ACGME/ABMS Competencies

- Medical Knowledge

## IOM Competencies

- Employ Evidence-based Practice

## **Participation and Credit**

Participants are expected to review all content in the video, access reference materials as needed for additional self-directed learning, take and score 75% or greater correct on the post-test, and complete the evaluation in order to earn *AMA PRA Category 1 Credit(s)*<sup>™</sup>, or nursing contact hour(s).

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## **Contact**

Should you have any questions or concerns, please contact us at [continuing.education@pediatrix.com](mailto:continuing.education@pediatrix.com)