

URODYNAMICS TESTING

THE COOMBE WOMEN & INFANTS UNIVERSITY HOSPITAL

What is the procedure?

Urodynamics is the name given to a number of investigations designed to show how your bladder is working and helps to explain the cause of any urinary symptoms you may have.

Why are you having this procedure?

The Urodynamics test reproduces the symptoms you are experiencing in order to understand what's happening in your bladder.

What are the risks involved in this procedure?

There is a small risk of urinary infection after this test. To prevent this, we ask you to drink plenty of fluids when you go home for at least two days. If you have symptoms suggestive of infection (pain passing urine, lower abdominal pain or backache, fever), it would be advisable to attend your general practitioner as you may require treatment with antibiotics. If you are considered to be of high risk of infection, you may be given a prescription for preventive antibiotics in the hospital.

Will I be asked to sign a consent form or is verbal consent needed?

Yes, you will be asked by the nurse to sign a consent form following a thorough discussion about the test.

What happens during the test?

A soft fine tube will be passed into your bladder and another in to your rectum (back passage). This is to enable us to measure the pressures both inside and outside your bladder. Once the tubes are in place, you will be asked to sit on the toilet or stand and your bladder will be filled with fluid. During the filling stage, we will ask you about the sensations you are feeling and when your bladder feels full.

You will be asked to cough a number of times to see if urinary leakage occurs. We are trying to reproduce what is happening to your bladder and the symptoms you are experiencing, so if you leak during the test, please don't worry or be embarrassed. When your bladder is full, you will be asked to empty your bladder with the tubes in place. Once the test is finished, the tubes will be removed and you will be able to dress while the results of your test are being analysed.

How long do the test take?

Approximately one hour.

Try not to empty your bladder before you arrive at the hospital.

You will normally be asked to attend with a comfortably full bladder, so if possible, please refrain from visiting the toilet before the test as you will be asked to pass urine into a special toilet to measure the rate at which the urine flows and the amount you pass. If you have problems holding on with a full bladder, we will understand.

Will I have to undress?

You will be asked to undress from the waist down and change into a gown to preserve your privacy and dignity during the test. Once you have changed you will be asked to lie on a couch for the next part of the test.

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What happens if I have a bladder infection?

Your urine will be tested for infection. If you have an infection, unfortunately your test will have to be postponed and you will be given a prescription for antibiotics. A new appointment will be made for you.

How can I prepare for the Urodynamics test?

If you are on medications to treat bladder control problems, you must stop taking this medication for five days before the test. Failure to stop these bladder medicines may result in the test being cancelled as they will interfere with the test results. You may recommence them afterwards.

It is important to complete a bladder diary for three days before the test. This bladder diary provides us with valuable information on how much fluids you are drinking and how much urine you are passing.

You can eat and drink normally on the day of the test.

No anaesthetic is required for this test.

What should I expect following this test?

Once the test is completed and you have dressed, you will be given advice with regard to the possible test findings and a post-test information leaflet. Some women may experience symptoms of slight stinging and a burning sensation when passing urine for a day or two. This is normal and should settle, if you drink plenty of fluids. A follow-up outpatient appointment with the consultant is advised to discuss the test results and any further treatment required. You will be able to resume all your normal activities after the test.

Who can I contact if I have any more questions?

If you have any questions or concerns with regard to the Urodynamics test or medications you can contact the Nurse Specialist at 01 408 5428 (between 8am and 6pm on Monday and Wednesday).

For further information visit

<http://www.uhs.nhs.uk/Media/Controlleddocuments/Patientinformation/Digestionandurinaryhealth/Urodynamicstest-patientinformation.pdf>