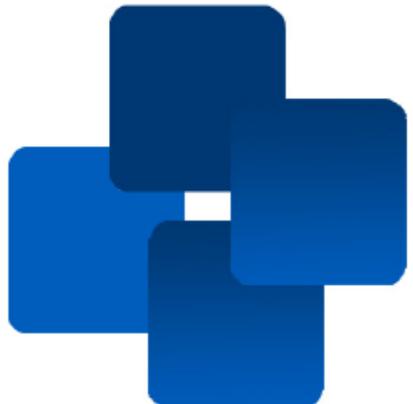


Patient Information

Having a Urodynamic Test

Urogynaecology



What is urodynamics?

Urodynamics is a simple test which helps to evaluate your bladder and why you are experiencing problems. It enables us to see how much fluid your bladder can hold and how your muscles are functioning. We can determine whether stress incontinence or urge incontinence is the problem or a mixture of both.

Stress incontinence is when the supporting pelvic floor muscles are too weak to contain the urine. Urine is leaked when the bladder is under pressure i.e. coughing, laughing and exercise.

Urge incontinence is when urine leaks when you experience an extreme urge to pass urine or soon afterwards.

We can then plan the best treatment for you. The test takes approximately 45 minutes to complete and will be carried out by a registered nurse and doctor. They will explain the procedure as it is performed and you may ask questions at any time.

How do I prepare for the appointment?

One week before your test:

If you are taking any medication for your bladder you must **stop** them **seven days prior** to the test.

Some examples of such medicines are:

- Oxybutinin tablets (Ditropan, Lyrinel XL) and patches (Kentera)
- Tolterodine (Detrusitol)
- Fesoterodine (Toviaz)
- Trospium chloride (Regurin,XL)
- Mirabegron (Betmiga)

You will need to fill out a fluid input/output chart for three days. These do not have to be consecutive days. The three days ideally will show how your bladder responds to different activities, for example; at home doing housework, at work, and whilst doing exercise/sports activities.

You will need to complete a short multiple choice questionnaire which enables us to assess the severity and nature of your bladder problem. It also helps us to understand how much this is affecting your life.

On the day of the test

Please arrive 10 minutes early and report to the reception desk in The Woodlands Unit (in the Pink Zone). Unfortunately, arriving late will mean that we would have to cancel your appointment.

- **One hour before you are due to arrive, please drink one pint of fluid so that you attend your appointment with a full bladder. This is essential in order to carry out the test.**
- Please bring your completed questionnaire and input/output chart with you.

How is the test done?

Part I

- You will be asked to change into a gown and remove lower garments.
- You will be asked to empty your bladder into a special commode that enables us to measure the amount and rate of urine you pass.
- You will be left alone to do this privately.

Your urine will be checked for infection. If infection is detected it will not be possible to carry out the procedure and you will be given advice and rebooked for another urodynamic appointment.

If you think you have a urine infection, please go to your GP for a urine test and treatment prior to attending the urodynamic appointment. This will avoid you wasting your time when we have to reschedule the appointment due to a urine infection.

Please ring us on 01438 286190 if you have further questions about this.

Part II

- You will be asked to lie on the examination couch.
- A nurse will pass a catheter (a thin tube) through your urethra (the tube through which you pass urine) into your bladder.
- Another catheter will be passed into your rectum (back passage).
- This is necessary in order to give us the measurements that we require for the test.
- Insertion of the catheters is a straightforward procedure using local anaesthetic gel to reduce discomfort. The catheters will be connected to a computer and your bladder will be filled with water.
- During the filling stage we will ask you about the sensations you are having and these are recorded on the computer.
- We aim to simulate what happens to you during normal daily life that causes you to leak, such as coughing and physical exercise.
- We want to observe whether or not you leak urine during these activities and the severity of this leakage.
- We may ask you to stand, run on the spot, or squat if helpful for diagnosis.

The procedure is carried out sensitively as we are aware of the embarrassment you may be feeling. We will support you through the procedure and help to reduce any anxieties you may have.

Frequently Asked Questions

Does the test cause any pain?

You may feel a little discomfort or stinging when we insert the catheter into the bladder but this will pass in a few seconds. Most women tell us that the experience of undergoing urodynamics was not unpleasant and was better than they had anticipated.

What if I am having a period?

If you are having a period you may decide to reschedule your appointment unless blood loss is minimal. Please phone on the numbers given for further clarification on this matter.

Are there any risks associated?

You may experience discomfort when you pass urine following the test but this will only be for a short time. We may prescribe antibiotics for three days to prevent a urinary tract infection. We advise you to drink plenty of fluids once you go home. You will be able to resume all your normal activities immediately after the test.

When will I know the results?

You may be told the results of the test and your options for treatment straight afterwards or at your next follow up outpatient clinic appointment.



Contact details:

Urogynaecology Department
The Woodlands Unit (Pink Zone)
Lister Hospital, Stevenage

Telephone: 01438 286190

Opening hours:

Monday - Friday 8.00am to 4.00pm

- If you have any questions about your appointment please contact the Urogynaecology department on 01438 286190
- If you need to cancel or change your appointment please telephone the Urodynamics Co-ordinator as soon as possible on 01438 286172 / 288478

www.enherts-tr.nhs.uk

You can request this information in a different format or another language.

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