

Patient Information

Urodynamics Test

Urology



What is Urodynamics?

It is a test on the bladder to show what happens to the bladder during its filling and emptying phases. The test, in all, takes approximately 30-60 minutes and will be performed by a nurse practitioner.

The test will try and recreate the symptoms you are experiencing and enable us to diagnose the problem and offer you a treatment plan. In about 10-15% of patients we do not get a complete answer and further tests may be required.

How can I prepare for the test?

Five days before your test:-

If you are taking any medication for your bladder you must stop them five days prior to the test. For example: Oxybutinin, Solifenacin and Tolterodine.

If you are unsure of which medicines to stop please phone the department. Failure to stop these medicines will result in the test being cancelled as they will mask the problem we are trying to identify. However you must continue your other medication.

Before Your Test

Please complete the enclosed bladder diary over a three day period, recording your fluid intake and output.

You can eat and drink normally on the day of the test. It is also important that you are not constipated as this can affect the results. If you are constipated please take some laxatives (available from your pharmacy).

Please bring a sterile urine sample with you for testing.

Try to arrive at the department with a comfortably full bladder. If you have problems holding on with a full bladder, please let the nurse know and you can be directed to the correct room.

If there is any infection in your urine we will not be able to perform the test. We will prescribe antibiotics and rebook. If you suspect you have a urine infection prior to the test please contact your GP to consider antibiotic treatment to enable the test to be performed.

Will I feel any pain?

You may feel a little discomfort / stinging when we insert the tubes, we use an anaesthetic gel to numb the area prior to insertion. You may also experience some discomfort when we are filling the bladder.

Are there any risks associated with the test?

After having the Urodynamics Test there is a small possibility that you may develop a urinary tract infection. This is caused by the insertion of the catheter. To prevent this we give you a prescription for three days worth of antibiotics to start immediately after the procedure. You may also experience discomfort when passing urine the first few times after the test, this should settle down within 24 - 48 hours. You may see blood in the urine (a light rose colour); this too is common but again should clear within a few days.

What happens during the test?

The nurse practitioner will explain the procedure, ask you to undress and put on a hospital gown. You will then be asked to pass urine into a flow rate machine. You be required to lie on a couch while we pass two fine tubes into the bladder via your urethra (water pipe) and another in to the rectum (back passage).

These tubes are then connected to a machine which measures the bladder and abdominal pressures. Your bladder is then slowly filled with sterile saline (salty water). During filling we will ask you questions about how your bladder feels.

There is a possibility we will ask you to perform some exercises to recreate situations that cause your symptoms i.e. jumping, coughing and bending over. After which you will be asked to pass urine again in the flow rate machine.

What do I need to do after I go home?

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. If the above symptoms persist after 48 hours, please contact your GP and provide them with a sample of urine, informing them of your recent investigation.

Will I have a follow-up appointment?

You will have a follow-up appointment with your Consultant's team normally within 6-8 weeks.

Contacting Us

If you have any questions about the test please contact the Urology Nurse Practitioners on **01438 284356** or **01438 285112**.

If we do not answer please leave a message with your hospital number, name and telephone number and we will endeavour to contact you as soon as possible.

Patient Advice and Liaison Service (PALS): 01438 285811

NHS 111 - You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation. For less urgent health needs, contact your GP or local pharmacist in the usual way.

www.enherts-tr.nhs.uk

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