

Urodynamic Study (Test)

I hope that you find the following information helpful. If you have any questions after reading this leaflet, please:

- Contact my PA on: **07882 722 294**
- Or go to my website: **www.urology-doctor.co.uk**

What is a Urodynamic Study?

Urodynamic Study is a test that assesses the function of your bladder and the bladder outflow tract (urethra). This test aims to replicate your bladder symptoms, then study them and determine their cause.

This test requires you to have a catheter (fine plastic tube) inserted into your urethra (urine passage) and another into the rectum (back passage).

During the test, your bladder will be filled with fluid through the catheter, while pressure readings are taken from the bladder and the abdomen. Then you will be asked to empty your bladder and the pressures during voiding (passing urine) are also recorded.

Different assessments:

Generally, there are two types for a urodynamic study:

- The standard technique - most commonly used, does not require x-ray.
- Video urodynamics - an X-ray of the bladder and urethra is also taken.

You will be informed of which test I recommend from the outset, depending on your symptoms.

Why are urodynamic tests performed?

Urodynamic test is used to diagnose:

- Stress urinary incontinence
- Urge urinary incontinence
- Mixed incontinence (stress and urge urinary incontinence).
- Lower urinary tract symptoms such as: frequency of urine both day and night, slow urinary stream and post voiding dribbling.

Urodynamic test is particularly important if surgery is considered, to make sure the correct procedure is performed.

Before the tests

If you are taking one of the following medications, you need to stop them one week before the test: **Oxybutinin (Detropan or Lyrinel XL), Vesicare, Tolterodine (Detrositol XL), Emselex.**

You will be asked to complete a bladder diary chart before your appointment: You will need to record how often you pass/leak urine and when and how much you drink and what type of drinks. Instructions are included with each chart.

You will need to arrive for the tests with a **comfortably full bladder**.

What happens when I get to the hospital?

When you arrive at the hospital, the test will be explained to you. This is also your chance to ask any questions. You will be asked to change into a gown to protect your clothing during the tests.

Before the test, you will be given a prophylactic antibiotics intramuscular injection to prevent any urine infections, and after the test you will be prescribed 3 days prophylactic antibiotics tablets to take.

How long does the urodynamic test take?

The test takes between thirty minutes to an hour.

After the tests

I will discuss the results of the test with you, including the treatment options for you.

Are there any potential complications associated with the test?

- **Discomfort passing urine:** after the tests some people feel slight stinging or burning when they pass urine. If you drink plenty of fluids (3-4 pints) for 24 hours after the study, these symptoms should quickly settle. If discomfort lasts beyond this time, take a sample of your urine to your GP for testing because it may be a sign of infection.
- **Urine infection:** there is a small risk that an infection will be introduced into the bladder during the tests, in spite of measures (ie sterile equipment) to prevent this. If you think you have developed an infection, take a sample of urine to your GP.
- **Blood in the urine:** after the tests some people find a small amount of blood in their urine when they go to the toilet. If this lasts beyond 24 hours, you should see your GP because it may be a sign of infection.

I hope that you will find the urodynamic test comfortable. Looking forward to seeing you in my Urodynamics clinic.