

Urodynamics Test

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

What is a urodynamics test?

The urodynamics is a test to show what happens to the bladder when it is filling and emptying.

Why should I have a urodynamics test?

The test will recreate the symptoms you are experiencing and help us to diagnose the problem and offer you a treatment plan.

Are there any other alternatives?

There is no other way for the medical team to get the information that the test will give them.

How can I prepare for a urodynamics test?

If you are taking any medication for your bladder, you must stop it five days before to the test. Some examples of such medicines are:

- Oxybutinin tablets (such as Ditropan) and patches (such as Kentara patches)
- Solifenacin/Darafenacin
- Tolterodine
- Tamsulosin
- Alfuzosin
- Mirabegron/Betmiga

Notes

How to contact us:

St Helens Urology Unit

Telephone - 01744 646310

Website links:

- The British Association of Urological Surgeons
www.baus.org.uk
- Diagnosis urinary incontinence
www.nhs.uk
- Bladder & Bowel Community
www.bladderandbowel.org
- Bladder & Bowel UK
www.bbuk.org.uk

Failure to stop these medicines will result in the test being cancelled as they will hide the problem we are trying to find. However, you must carry on with any medications you take for all other complaints.

Three days before your test

You will need to fill in the bladder diary provided for three days before the test, as we need to know how much you are drinking and urinating.

We appreciate it is sometimes difficult to do this, but it is very important to do your best as it will give us valuable information. If you have not received a bladder diary with this leaflet, please contact us using the contact details on the back page.

It is also important that you are not constipated when coming for the test as this could affect the result. If you are constipated in the days running up to the test, take some laxatives (available from your local pharmacy).

On the day of your test

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

Try to arrive at the department with a urine sample. If this is not possible, we can provide a sample pot on the day. We will ask you to try and empty your bladder completely, then carry out a bladder scan to assess any left over urine.

If you have a confirmed OR suspected urinary tract infection and are symptomatic, please contact the department before you attend for advice

What happens during the test?

Please allow at least an hour for your appointment. There will be a doctor or a nurse completing the test.

Once you have changed into a gown, we will ask you to lie on an examination sofa for the next part of the test.

The doctor/nurse will pass one fine tube into the bladder and another in to the rectum (back passage).

Once the lines are in place, you will then sit on a special commode toilet and the tubes are then connected to a bag of fluid. Which we use to slowly fill your bladder at a controlled rate.

This is to enable us to measure the pressures both inside and outside the bladder.

Only a small amount of fluid will be passed in to the rectum to ensure the lines are in place and working.

During the filling stage, we will ask you questions on what you are feeling and your answers will be recorded on the computer screen.

Once your bladder feels full, we will ask you to urinate with the tubes left in place.

This will show us what happens to your bladder when you empty it.

Remember, we are trying to recreate what happens to your bladder and mimic the symptoms you experience, so if you leak during the test please do not worry or be embarrassed. It will all help with your diagnosis.

After the test

Will I feel any pain?

You may feel a little discomfort/stinging when we insert the bladder line, due to the gel we use which acts as an anaesthetic but this will pass within seconds. You may also experience some discomfort when we are filling your bladder.

What happens after the procedure?

Once the test is finished, we will remove the tubes and let you clean yourself and get changed. The doctor/nurse will then chat to you and explain what the test shows. You will then be free to leave.

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 right away after the test.

Are there any risks associated with the test?

After having the 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 ask you to drink extra fluids when you get home.

Will I have a follow-up appointment?

You will either be seen by the doctor once the test is finished, but if this is not possible. We will make you a follow up appointment to discuss your treatment.