

Urodynamic Studies

(Testing the bladder)

This leaflet can be made available
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式
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Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatkach.

What are urodynamic studies?

Urodynamics is a test which checks how your bladder is working. It is a simple test performed as an outpatient which checks the pressure within your bladder in response to filling and emptying.

Why do I need this test?

Usually you will be offered this test if:

- You have bladder problems and have tried and been unsuccessful with conservative measures such as physiotherapy or lifestyle changes.
- Medication has not worked.
- You have had previous surgery to your pelvic floor.
- You have a large vaginal prolapse.

Nature of the procedure

Before the test:

- You will need to fill out a Bladder diary over a 3 day period. (This is included with this leaflet). This is a very important step before the test that will help with understanding how often you visit the toilet and the amounts emptied.

Please ensure that any medication for your bladder symptoms e.g. Tolterodine, Darifenacin, Mirabegron is stopped 2 weeks before the test.

On the day of the test:

- You will be asked to come with a full bladder.
- On arrival you will be asked to pass urine into a special container. This will measure how fast and how much urine you have passed.
- A doctor or nurse will then talk to you about your bladder symptoms and explain the procedure to you.

The test:

- You will be comfortably positioned on a special commode chair.
- The nurse or doctor will insert a catheter into your bladder and also a pressure line into your bowel (so we can check the pressure in both).
- The tubes are then connected to the machine which records all the pressures
- The machine will slowly fill your bladder with sterile water (through the catheter) to copy the natural filling of the bladder.
- You will be asked to tell us of any bladder sensations you experience.
- The machine will create a graph on the screen that will highlight any abnormality.

The last part:

- After your bladder has filled as much as you can hold, you will then be asked to stand or jump and cough to check if you leak and how much.
- Finally, you will be asked to pass urine into a container which will measure the rate of urine flow (as you did on arrival).
- Once you have passed urine all the tubes will be removed, and the procedure will be complete.

After the test:

- The procedure will usually take approximately half an hour.
- After the procedure has been completed you will be informed of the results and any proposed treatment.

Benefits of the procedure

- The test gives us a good picture of how your bladder is working.
- It helps us to guide treatment in women who have not got better with less invasive options.
- It can check how your bladder is working before surgery.
- Guides us as to which treatment or operation may well work best for you.

Risks of the procedure

- There is a small risk of urine infection – as such we advise you to drink plenty of water after the test to help flush any infection out.
- If you do get symptoms of a urine infection, then please visit your GP or local walk-in-centre to get your urine checked and a course of antibiotics if needed.
- Occasionally you may notice mild discomfort for the first day or so as you pass urine.
- Rarely, traces of blood may be seen in the urine which will usually settle on its own in a day or less.

Alternatives to the procedure

Observation or treatment without the information that this test might produce.

Consequences of not having the procedure

- Failure to give a definitive diagnosis.
- Delay in treatment.
- Inability to safely offer surgical intervention.

For further advice please telephone

Urogynaecology Nurse Specialist – **01744 646301 / 01744 646320**

Gynaecology urology department – St. Helens, Whiston and Newton

Please complete the chart overleaf, *before attending urodynamic studies, **for a minimum of three days if possible**. An example is shown below.

Record the time of each void and the volume passed (in milliliters (ml) or cubic capacity (cc) if possible).

Day, means during your normal waking hours. Night, means during normal sleeping hours.


***Please attend for your urine flow studies/urodynamic with a full bladder ready to pass urine as part of the test. You may drink and eat normally. Try to open your bowels beforehand.**

Example

Date and Time	Volume drunk and type of drink	Volume voided	Wet?
09/11/22 – 0805		426mls	
1000	Coffee – 250mls		
1030		255mls	Y
1200	Tea – 250mls		
1230		146mls	Y

(Put 'Y' if you wet yourself)

Use an old kitchen jug to measure the amounts.



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