

Urodynamic Studies

(Testing the bladder)

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Na żądanie ta ulotka może zostać udostępniona
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Author: Consultant
Department: Gynaecology Services
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What are urodynamic studies?

Urodynamics is a special medical test which measures the pressure within your bladder in response to filling and emptying. It is a simple test performed as an outpatient.

Reasons for the procedure

Urinary problems are frequently due to complex faults within the bladder. Your doctor believes that urodynamic studies will give important extra information regarding your specific bladder condition that will determine the best treatment options available.

Nature of the procedure

Before the test, we will ask you to fill out a Frequency Volume Chart 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. To save embarrassment, you can complete the chart in your free time (i.e. on days off from work).

On the day of the test you will be asked to come with your bladder full. On arrival you will be asked to pass urine into a special container. This will automatically measure the rate at which your urine flows, as well as the amount. A doctor or nurse will then talk to you about your bladder symptoms and explain the procedure to you.

In order to measure the pressure within your bladder as it fills and empties, it is necessary to insert a very fine tube (catheter) into your bladder along the natural passage way. This will be aided by a small amount of local anaesthetic gel. A second small catheter will also be inserted into the back passage.

- You will be comfortably positioned on a special commode chair
- The tubes are then connected to the urodynamics machine which records all the necessary pressures
- The machine will create a graph on the screen that will highlight any abnormality
- 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

During the test, you will be asked to stand or jump and cough with the aim of reproducing your symptoms. This is to check for any leakage of urine. Finally, you will be asked to pass urine into a container which will measure the rate of urine flow. Once you have passed urine all the tubes will be removed and the procedure will be complete.

The procedure will take approximately half an hour, sometimes up to an hour. After the procedure has been completed you will be informed of the results and any proposed treatment.

Please ensure that any medication for your bladder symptoms e.g. Vesicare, Oxybutinin, Detrusitol is stopped 2 weeks before the test

Benefits of the procedure

Based on the results of this test, a more accurate decision can be made regarding the most appropriate treatment for your bladder condition.

Treatments for bladder problems may require simple advice, physiotherapy, tablets or sometimes surgery. The importance of accurate diagnostic information (as provided by urodynamic testing) can therefore be readily appreciated.

Risks of the procedure

There is a 1% risk of urine infection and inability to pass urine (retention) requiring temporary insertion of a catheter (this happens only rarely).

Discomforts of the procedure

Usually there are no after-effects. **We advise you to drink up to 2 litres of water for 24 hours after the test to reduce the risk of infection.**

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. Once again it will settle on its own in a day or less. On very rare occasions susceptible individuals may develop a urine infection ("cystitis"). Should this happen, antibiotics should be prescribed by your GP.

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.

For further advice please telephone

Urogynaecology Nurse Specialist – **01744 646301 / 01744 646308**

Frequency / Volume Chart For 3 days only

Please see example over page

	DAY (Once you get up in the morning until going to bed)	NIGHT (Once in bed)	PADS USED
TIME DAY 1			
TIME DAY 2			
TIME DAY 3			

Gynecology 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 time you pass urine 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

	DAY (Normal waking hours)				NIGHT (Normal sleeping hours)		PADS USED
TIME	8.30	9.00	11.15	12.00	3 am	6.30 am	3
	250ml	w	300ml	50ml	200 ml	200 ml w	
DAY 1	3.00	17.00	21.30	23.00			
	w	400ml	250ml	150ml			
TIME	8.15						
DAY 2	120ml						

(Put 'w' if you wet yourself)

Use an old kitchen jug to measure the amounts



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

 /sthknhs  @sthk.nhs

www.sthk.nhs.uk