

URODYNAMIC STUDIES

AN INFORMATION LEAFLET

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What Are Urodynamic Studies?

Urodynamics is the study of how the bladder works. It helps us to understand your bladder problems by looking at what happens to the bladder when it fills and empties. To perform the test, a specially trained urology nurse will insert a fine tube into the urethra (the tube through which you pass urine) and up into the bladder. This tube measures the pressure within the bladder, and another tube is inserted into the rectum (back passage) to record the pressure within the abdomen. Both tubes are connected to a special machine and your bladder will be slowly filled with sterile fluid via the tube in the urethra. The machine records what happens to your bladder as it fills and you will be asked to inform the nurse of any sensation you feel throughout the test.

When your bladder feels full, you will be asked to pass urine into a special toilet while the tubes are still in place so that the bladder pressure can be measured as it empties. The tubes will then be removed and the nurse will discuss the results of the test with you.

What Are The Benefits?

This study is usually carried out for one of the following reasons;

- If you have several symptoms, rather than one specific problem.
- To rule out any abnormal bladder activity before you have surgery to ensure that an operation would benefit you.
- If treatment you have already tried has not helped, or your symptoms have changed.

Are There Any Risks Involved?

Common

- Increased frequency and discomfort when passing urine for about 24 hours following the procedure.

Occasional

- Blood in urine
- The test does not give a definite diagnosis and has to be repeated.

Rare

- Urine infection. If your symptoms of frequency and discomfort when passing urine last longer than twenty four hours and/or you feel feverish or generally unwell, please take a sample of urine to your GP, who will decide whether or not you require antibiotics.

Remember to drink plenty of clear fluids following the procedure to “flush out the bladder”.

What Are The Alternatives?

Treatment may sometimes be given/trialled without the information about your bladder activity that the test would produce.

What Do I Need To Do Before My Appointment?

1. If you are taking the following medication for your bladder, it is essential that this is stopped ten days before your appointment. Failure to do so may mean cancellation of the urodynamics test as the results may not be a true picture of your bladder activity.

Trospium Chloride (Regurin)

Oxybutynin (both tablets and patches)

Solifenacin (Vesicare)

Fesoterodine (Toviaz)

Amitriptyline may also affect your bladder. If it is possible for you to do so, please include this in the list above and stop taking it 10 days before the test.

Tolterodine (Detrusitol)

Propiverine (Detrunorm)

Duloxetine (Yentreve)

Mirabegron (Betmiga)

You can telephone your local urology department for advice about your medications.

2. This booklet contains charts for you to fill in over the three days and nights before your appointment. Please use these charts to record how often you pass urine and how much you pass, throughout the **day and night**. You will need a litre measuring jug to accurately measure how much urine you pass (1 litre equals 1000 millilitres/mls). Please do this for 3 days in a row and use a separate chart for each day.
Please also record the amount and type of fluid you drink on each day and if appropriate, answer the questions regarding urine leakage.
It is important that you fill the charts in and bring them with you when you come for your appointment. This will help the nurse make a more detailed assessment of your problem.
3. You will need a full bladder at the start of the study, so try not to pass urine for about an hour before your appointment. We know that this can be a problem for some people, so do not worry if you cannot hold on.
4. If you are a woman, we can still carry out the study during your period
5. Unfortunately, we do have a waiting list for this test. To ensure that this clinic runs efficiently and valuable appointments are not wasted, we ask that you please telephone the Urology secretaries (0161 922 6699 or 6713) as soon as possible if you are unable to attend, so that the slot can be allocated to somebody else.

What happens to me when I arrive at the department?

A urology nurse will meet you and take a detailed history of your problem and your general health. If you have any questions or worries, this is a good time to talk to the nurse about them.

You will then be asked to change into a hospital gown, to allow access for the catheters to be inserted and to avoid your own clothes getting wet from the fluid being put into your bladder.

You will be asked to provide a urine sample to test for infection (an infection in the urine may affect the results of the urodynamics test and so it may need to be postponed until the infection has been treated) or to pass urine into a special toilet that measures how much you pass and how quickly you pass it. A scan of your bladder may then be performed, to determine whether or not you have emptied it fully.

After this, a local anaesthetic (numbing) gel is inserted into the urethra. This may sting a bit at first,

but the gel will make you feel more comfortable for the rest of the study. The catheters will then be inserted into your bladder and rectum and the study can begin.

On the Day of the Procedure

You are not required to have any special preparation before this study and may eat and drink as normal.

What Happens After The Procedure?

The nurse will discuss the results of the study with you. You may be advised of any treatments available to you or be informed that the results of the study will be shown to your consultant and any follow-up appointments will be made accordingly.

You will be able to resume normal activities immediately after the procedure.

If there is a Problem?

If you experience any problems following the procedure, please contact your GP or your local urology department for advice.

Other Useful Contacts or Information

If you have any questions you want to ask, you can use this space below to make notes to remind you.

Source

In compiling this information leaflet, a number of recognised professional bodies have been used, including the British Association of Urological Surgeons. Accredited good practice guidelines have been used.

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Health Information Centre on 0161 922 5332

If you would like any further information please telephone the Urology Nurse Specialists at your local Urology Department on:

Stepping Hill	0161 419 5695
Tameside	0161 922 6696/6698
Macclesfield	01625 661517

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