

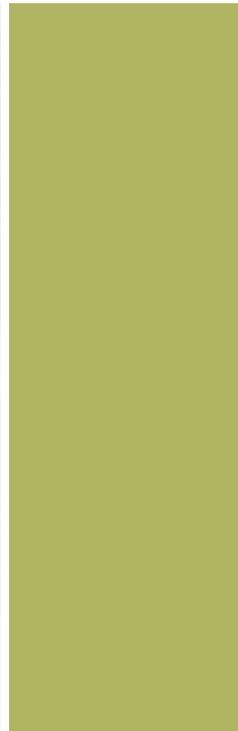
Urodynamics

Mr Christian Phillips
BM BSc Hons DM MRCOG
Consultant Gynaecologist

Contact details:

NHS: Hampshire Hospitals,
Basingstoke. RG24 9NA.
Tel: 01256 473202
Secretary: 01256 313593

Private: The Hampshire Clinic,
Old Basing. RG24 7AL.
Tel: 01256 357111
Secretary: 01256 397781



FOR MORE INFORMATION:

www.hampshiregynaecologist.com

www.gynaehealthcare.org.uk

www.hampshirehospitals.nhs.uk

www.bmihealthcare.co.uk/hampshire

Mr Christian Phillips
BM BSc Hons DM MRCOG



This leaflet is designed for patients undergoing urodynamic tests.

What are urodynamic tests?

Urodynamic tests check the function of the bladder and help to investigate the cause or urinary incontinence. Urodynamic tests help doctors assess the function of your bladder and the urethra (bladder outflow tract).

During the tests, your bladder is filled and then emptied while pressure readings are taken from the bladder and the abdomen (rectum). The idea is to replicate your symptoms and determine their cause.

What are urodynamic tests used for?

Urodynamic tests are used to help diagnose:

- Stress urinary incontinence.
- Urge urinary incontinence.
- Mixed incontinence (stress and urge urinary incontinence).

They may also be helpful in investigating other conditions affecting your bladder. Urodynamic tests are particularly important if surgery is being considered for the problem, to make sure the correct operation is performed.

How do urodynamic tests work?

The first part of the test checks how much urine leaves the bladder over a certain length of time. This is called the flow rate. A special toilet records the flow of your urine. A computer then checks for any abnormalities in flow rate. Your urine is tested for infection and if negative you will have the second part of the tests. If you have an infection you will be given some antibiotics and the tests will have to be deferred until your urine is infection free.

The second part of the test is called filling cystometry. For this test, thin tubes called catheters are inserted into the bladder and the rectum. These can measure the pressure in the bladder and abdomen as the bladder fills with fluid. Using these measurements doctors compare the different pressure readings whilst your bladder is filling.

You will be asked to stand up during the tests and cough in order to try and make you leak. Don't be embarrassed if you leak as this is the whole point of the tests and will help the doctor know how to cure your symptoms.

What should I do to prepare for a urodynamic test?

You will be asked to complete a bladder diary. This will be given to you by the nurse. Please try and complete the diary for 3 days and bring it with you when you come for the urodynamic tests. You can either arrive for your test with a comfortably full bladder. If this is difficult you may wish to arrive a little early so that you can have a drink to fill your bladder.

What can I expect after a urodynamic test?

After the tests some people feel a slight stinging or burning sensation when they pass urine. If you drink plenty of fluids these symptoms should quickly settle. If discomfort lasts more than 48 hours, take a sample of your urine to your GP for testing because it may be a sign of infection. Some people find a small amount of blood in their urine when they go to the toilet. If this lasts more than 24 hours, you should see your GP because it may be a sign of infection.

Are there any side-effects or complications from a urodynamic test?

Some urodynamic tests involve using X-rays. X-rays should not be used on pregnant women so let your doctor know before the test if you are, or think you could be, pregnant.

Most people have urodynamic tests without any problems. As mentioned above, there is a small chance of developing a urinary tract infection. Contact your GP if you develop any of the following symptoms:

- A stronger than usual urge to pass urine.
- Your urine smells, is cloudy or has blood in it.
- You want to pass urine more often during the day and night.
- A burning or stinging sensation when you pass urine and feel that you are only passing small amounts at a time.
- Lower backache or pain in your kidneys.
- If you feel hot and develop a high temperature.