

## Urodynamics



*Obstetrics & Gynaecology*

patient**information**



## **Urodynamics**

### **Introduction**

Bladder problems are embarrassing, and can affect your quality of life. We can sometimes treat your bladder problems, but before we do that, we need to find out why your bladder is misbehaving.

To find out what the problem is your doctor has referred you for a test called urodynamics studies, or bladder pressure studies.

### **What is Urodynamics?**

The basic aim of this test is to measure how the bladder fills and empties, and in particular, the changes in pressure inside the bladder as the bladder fills and empties. The information obtained from these pressure studies will help us diagnose exactly what is going wrong.

It can also provide information that can help us prior to surgery, and guide us with your future management.

### **What does it involve?**

You will be asked to come with a comfortably full bladder and taken to the room where the test is done. You may be asked to pass urine on a special toilet prior to the test. The doctor or nurse will explain the procedure to you, and you will be able to ask any questions you may have.

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A fine tube called a catheter will be passed into your bladder to check the amount of urine left in your bladder, and the urine will be tested to make sure you do not have any infection. If an infection is suspected, the test will be rescheduled, and you will be given antibiotics. The catheter will be removed after emptying the bladder.

If the bladder is clear, you will proceed to have the test.

A finer tube (catheter) with two channels will be passed into your bladder. One channel will be connected to a supply of sterile fluid, so that your bladder can be filled artificially. The other channel will be attached to the machine which records the pressure in the bladder. A second fine tube (catheter) is passed into your back passage. This tube is also attached to the machine. By recording the pressure in your bladder and outside your bladder, the computer can tell us exactly what is going on in the bladder muscle (detrusor muscle).

Once the tubes are in place, the doctor/nurse will start to fill your bladder. We will ask a series of questions, such as your first desire to pass urine, and sensation during filling of your bladder. You may also be asked to cough or do jumps.

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This is used to test how the bladder behaves when put under stress from increases in pressure.

Once your bladder is full, and you experience great desire to pass urine, the doctor/nurse will stop filling your bladder. You will then be asked to pass urine into a special toilet. Once you have completely emptied your bladder, all the tubes will be removed.

### **Video urodynamics**

Video urodynamics is similar to the urodynamics explained above. The only difference is that more detailed information about the bladder can be obtained. The information is gained by using X-rays. It will be performed on a special X-ray table, which is capable of being tilted into an upright position.

### **How long does the test take and where is it performed?**

Urodynamics normally takes one hour, and will be carried out in the Greenoaks outpatient department. Video urodynamics may take a little longer, and is performed in the X-ray department, in the main hospital.

### What preparation do I need for the test?

No special preparation is needed for urodynamics. However, if you are on any medication like Oxybutynin, Detrusitol, Regurin, Vesicare or Amitriptyline you should stop taking them 3 days before the test. Please phone clinic for advice if you are on any other medication for your bladder. Please attend with a naturally full bladder, (if you have a problem with this, please contact us on 01709 427641 for advice).

The test can be performed whilst you are on a period, but if you feel uncomfortable and do not want the test to be performed please contact:

**Reception on 01709 424513.**

For video urodynamics studies, you will have to be within 10 days of the first day of your last menstrual period, to avoid any radiation exposure to the growing foetus. If you are not on any contraception, and more than 10 days from the first day of your last menstrual period, or you suspect you are pregnant, you should contact:

**Gynaecology Clinic on 01709 427641.**

### What happens after the test ?

You will have an opportunity to ask questions about the test. The doctor or nurse will discuss the test results with you. Advice and treatment may then be offered depending upon the type of bladder problem diagnosed.

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A report on the test will be sent to your consultant, and an appointment will be made for you to see the consultant and he/she will discuss the test results in greater detail, and make a final decision on your treatment.

### What problems can you have after the test ?

You may feel uncomfortable passing urine, or even notice a small amount of blood. This usually clears within 24 hours. To reduce these complications, you are advised to increase your fluid intake for the next two days following the tests. You may, however, occasionally experience symptoms of cystitis, and if this does occur, you will need to see your general practitioner for some antibiotics. Very rarely, you may have a kidney infection, for which you will be admitted to hospital for intravenous antibiotics.

### Further information

If you are not sure about anything, or wish to discuss the test further, you can contact:

#### **Greenoaks Outpatient Department**

**F** - Fluid intake

**U** - Urine passed

**W** - Wet

# Bladder Record Chart

	Day 1			Day 2			
Time	F	U	W	F	U	W	F
6am							
7am							
8am							
9am							
10am							
11am							
12n							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							
12m							
1am							
2am							
3am							
4am							
5am							



## How to contact us

### Greenoaks

### Outpatient Department

Telephone 01709 427641

### Switchboard

Telephone 01709 820000

## Useful contact numbers

### NHS 111 Service

Telephone 111

### Health Info

Telephone 01709 427190

### Stop Smoking Service

Telephone 01709 422444

### A&E

Telephone 01709 424455

### For GP out of hours, contact your surgery

## Useful websites

[www.nhs.uk](http://www.nhs.uk)

[www.gov.uk](http://www.gov.uk)

[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

## We value your comments

If you have any comments or concerns about the care we have provided please let us know, or alternatively you can write to:

Patient Services

### The Rotherham NHS

### Foundation Trust

Rotherham Hospital

Moorgate Road

Oakwood

Rotherham

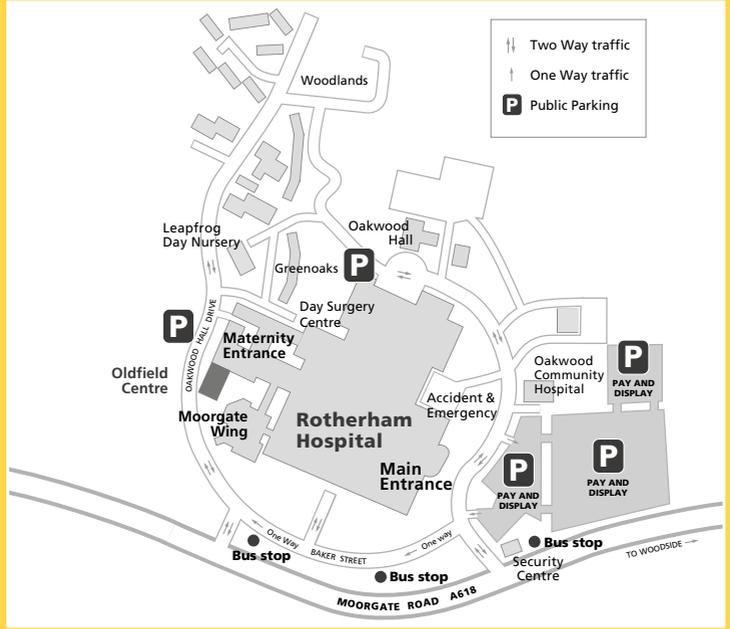
S60 2UD

Telephone 01709 424461

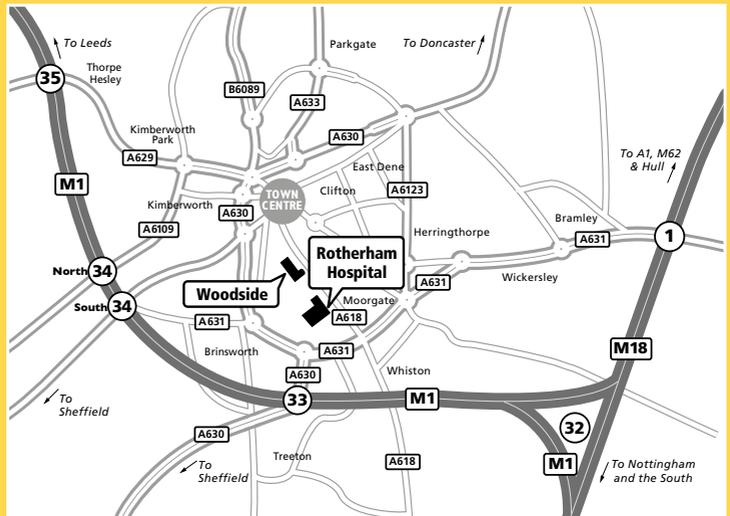
Email [complaints@rothgen.nhs.uk](mailto:complaints@rothgen.nhs.uk)

# How to find us

## Hospital site plan



## Rotherham main routes





LS 394 01/14 V7 Jones & Brooks



The Rotherham **NHS**  
NHS Foundation Trust

**Rotherham Hospital**  
Moorgate Road  
Oakwood  
Rotherham  
S60 2UD

Telephone 01709 820000  
[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

