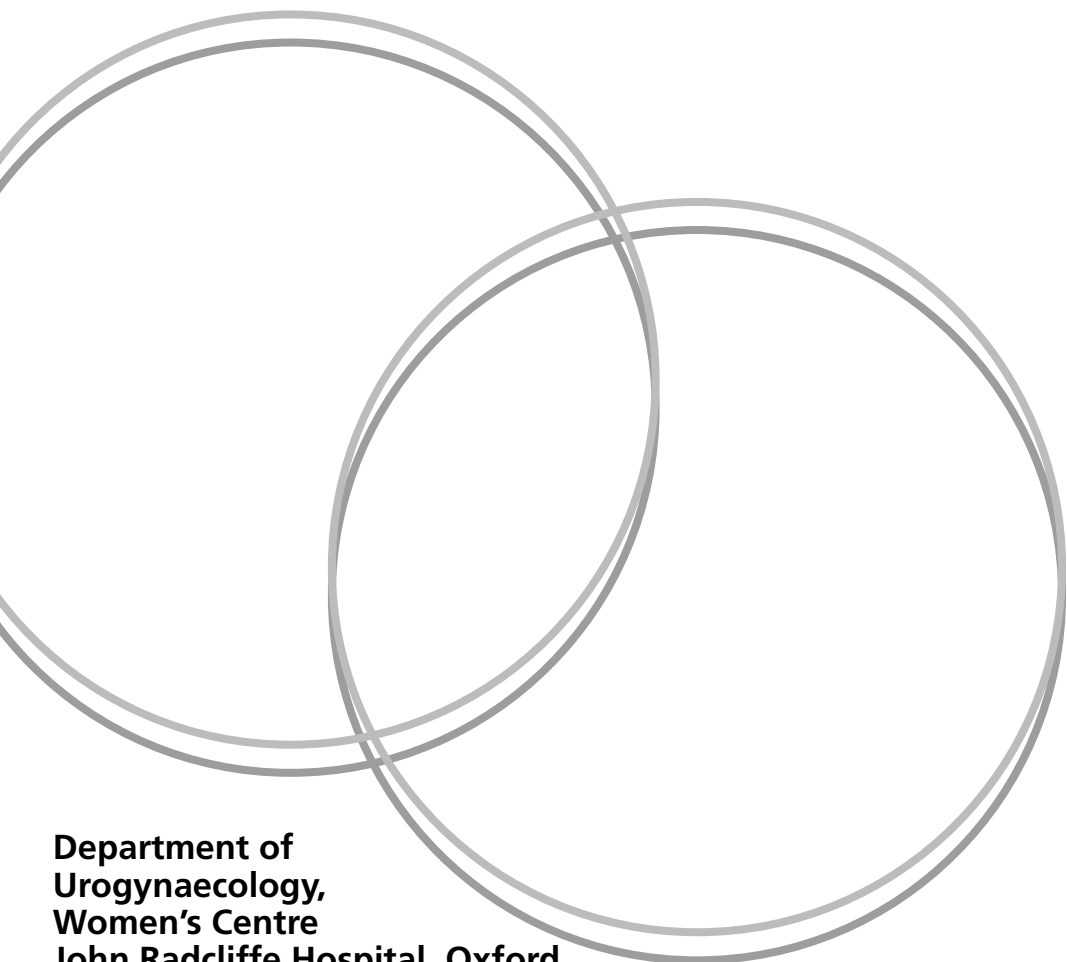


# **Urodynamics – a test to find the cause of bladder problems**

**Information for women**



**Department of  
Urogynaecology,  
Women's Centre  
John Radcliffe Hospital, Oxford  
Horton General Hospital, Banbury**

Your consultant needs to know more about what is happening in and around your bladder, to find out what is causing you to have problems. We have arranged for you to have a test to help find out the cause of your bladder symptoms. This test is called 'urodynamics'.

This leaflet will give you some information about urodynamics and answers some of the most commonly asked questions. If you have any specific questions not covered by this leaflet, please contact the Urogynaecology Specialist Nurses (see page 7 for contact numbers).

## **What is urodynamics?**

This test is used to find out how your bladder behaves, by measuring pressures within your bladder and urethra. The urethra is the tube through which urine passes out of your body.

The test may show the cause of symptoms such as incontinence, urgency or difficulty emptying your bladder. The results will help your consultant decide on the best treatment for you. This may not mean surgery; many problems can be treated with tablets and special exercises.

# Preparation for the test

## Medicines

For 1 week before your urodynamics test, please stop using patches or taking any tablets you have been given for your **bladder** symptoms, **unless** you have been told otherwise by your doctor or Urogynaecology Specialist Nurse. These may include:

- oxybutynin hydrochloride (Ditropan, Lyrinel or Kentera patches)
- trospium chloride (Regurin)
- tolterodine (Detrusitol)
- fesoterodine (Toviaz)
- solifenacin (Vesicare)
- mirabegron (Betmiga).

Please continue to take any antibiotics you normally take for your bladder and continue using any topical oestrogens (such as Vagifem pessaries or Ovestin cream) you use in your vagina.

Continue to take any other medications you have been prescribed, including those for blood pressure, heart problems and fluid around your ankles.

**If you are not sure what your tablets are for, please check with your GP's surgery, pharmacist or one of the Urogynaecology Specialist Nurses before stopping any tablets.**

## Fluid chart

You will be sent a fluid input/output chart to fill in.

It is very useful for us to know how much you drink and how often you pass urine. If you leak, we would also like to know how often this happens.

We appreciate it may be difficult for you to fill in this chart at certain times. If you are unable to measure your urine at any time, just write down the time you urinated instead.

Please read the instructions on the chart and fill it in for at least 3 days. **Bring the chart to your appointment.**

## Where will the test take place?

The test will take place either in the Diagnostic Suite at the Women's Centre at the John Radcliffe Hospital in Oxford, or in the Women's Day Surgery and Diagnostic Unit at the Horton General Hospital in Banbury.

## How long will the test take?

We make every effort to keep to time and you should expect your appointment to take approximately 1 hour.

## What happens during the test?

Please arrive promptly for your appointment with a **comfortably full bladder**. If you feel you cannot 'hold on' when you arrive at the department, please ask the receptionist to tell one of the clinic nurses.

The Urogynaecology Specialist Nurse will collect you and take you to the test room. They will explain the test to you and ask you questions about your current symptoms. You will then need to undress from the waist down and pass urine into a special toilet called a flow meter. This measures how much urine you pass and how quickly. You will be left to pass urine in private and will need to tell us when you have finished.

You will then be moved to the bed, where you will need to lie on your back. The Specialist Nurse will put two thin and flexible tubes in your bladder and one in your back passage. These may feel uncomfortable, but should not be painful.

The tubes in your bladder allow us to fill your bladder with a clear fluid. They are attached to a device that measures pressure inside your bladder. The tube in your back passage allows us to measure the pressure in your abdomen whilst your bladder is filling.

These measurements are sent to a computer. You will be able to see what is happening on the computer screen, if you wish to.

As your bladder is filled with the clear fluid we will ask you to tell us how your bladder is feeling, for example when you reach the point where you would normally want to go to the toilet. When your bladder feels full we will stop filling and remove one of the tubes from your bladder.

To find out how well your bladder behaves during physical activity, we will then ask you to give a series of coughs whilst you are sitting on the flow meter toilet.

We may also ask you to stand up over an absorbent pad and give another series of coughs. We appreciate that you may find this embarrassing, but please don't worry. It is a vital part of the test and helps us to make an accurate diagnosis.

Finally, we will ask you to pass urine again in the flow meter toilet. You will be left to pass urine in private and will need to tell us when you have finished. The remaining tubes will then be removed and you will be able to get dressed.

## **Getting the results**

The Specialist Nurse will explain the test results to you and answer any questions you might have. You may need another appointment to be seen in clinic again, to discuss the results in more detail. This appointment will be made and sent to you within a couple of weeks.

## **What happens after the test?**

You can return to work or go straight home after the test and it is quite safe to drive.

## **Are there any risks?**

Following urodynamics there is a small risk of minor problems. The most common are:

- frequency (passing urine more often)
- traces of blood in your urine
- a slight discomfort when passing urine.

All these symptoms are temporary and should go away quite quickly. The Specialist Nurse will talk to you about this before you leave the clinic.

## **What are the benefits?**

This test allows your consultant to make an accurate diagnosis of your condition. We will then be able to offer you the right treatment, which should help you to return to a more active and social lifestyle.

## **What if I have more questions or concerns?**

Please remember that although the test sounds uncomfortable and embarrassing, you have overcome the most difficult part by telling the doctor about your problem.

The Urogynaecology Specialist Nurses are available to help you and talk to you about your problem, as well as answer any questions you may have about the test.

# How to contact us

## Urogynaecology Specialist Nurses

Tel: **01865 222 767**

An answerphone is available for you to leave a message. We will aim to return your call by the end of the next working day.

## Further information

### Bladder & Bowel Community

Help and support for people in the UK living with conditions that affect their bladder or bowel.

Website: **[www.bladderandbowel.org](http://www.bladderandbowel.org)**

Helpline: **01926 357 220**

### Bladder Health UK

Support for people with all forms of cystitis, overactive bladder and continence issues.

Website: **[www.bladderhealthuk.org](http://www.bladderhealthuk.org)**

Confidential Advice Line: **0121 702 0820**

It is important to let us know if you need to change or cancel your appointment. You will find the telephone number for the appointments office on your letter. We will then be able to offer another patient your appointment slot.

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

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