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Urodynamics Assessment:

This leaflet is intended to give you additional information to that received from a healthcare professional.

What is Urodynamics?

Your bladder is a complex organ controlled by a system of nerves and muscles that must act together for your bladder to function correctly. Urodynamics tests will look at how the bladder functions (and/or how vaginal prolapse affects it). There are different types of urinary incontinence and each requires a different treatment. This test will ensure that you have the best treatment for your bladder.

The Specialist Nurse/ Doctor will discuss your problem with you, go through your forms and explain the reasons for the test.

BEFORE YOU ARRIVE

Please complete the enclosed fluid diary. It is important to be as accurate as possible and fluid intake needs to reflect your normal day-to-day habits. This will help us to see how your bladder functions in everyday life. If you are unable to measure fluid every time, it is better to put a tick rather than not record anything.

The following medications may affect test results. If you have been prescribed any of these medications:-

- Tolterodine/Detrusitol
- Regurin/Trospium Chloride
- Oxybutynin/Ditropan
- Propiverine/Detrinorm
- Duloxetine/ Yentreve
- Darifenacin/ Emselex
- Kentera (oxybutinin) patch
- Solifenacin/ Vesicare

PLEASE STOP TAKING THEM TWO WEEKS BEFORE YOUR APPOINTMENT UNLESS YOU HAVE BEEN TOLD OTHERWISE.

We are unable to perform the test if you have a urine infection. If you suspect that you have an infection, please visit your GP and have your urine tested and, if necessary, treated. We will re-book the appointment once the infection has cleared.

Please remember to arrive for the test with a comfortably full bladder. Please **DO NOT** drink a *large* amount of fluids immediately before the test. We prefer you to drink earlier in the day and try not to urinate before leaving home.

TEST PROCEDURE

The test takes approximately 45 minutes. You may eat normally prior to the test. You will be asked to empty your bladder into a special commode (flow meter). Your urine will then be tested to make sure there is no infection.

A small catheter will be passed into the bladder via the urethra (water-pipe). So that we can compare the pressure in your bladder with the pressure outside the bladder, a small pressure catheter is also inserted into your back passage. Having these tubes inserted is not painful but you may find this a little uncomfortable. Once they are in place, the bladder is filled with sterile fluid. The pressure lines allow us to monitor how your bladder behaves and also gives some understanding of your bladder sensation. You will be asked to cough to test the bladder further. You will then empty your bladder in the commode. Both lines from the bladder and back passage will then be removed.

During the investigation every effort will be made to ensure a minimum of discomfort and a maximum of privacy.

Please note: You have been scheduled for this test because of a bladder problem. Please do not feel embarrassed or upset if you have difficulty controlling your bladder during this test. This test is designed to recreate the problem that has brought you to our office.

FOLLOWING THE TEST

After the test, you may find passing urine slightly uncomfortable and more frequent for the next day or two. We recommend that you increase your fluid intake for the following 24-48 hours. This will flush out your bladder and help prevent infection. Should you develop a burning sensation on passing urine and/or a fever, you may have developed a urine infection. You should contact your GP surgery and inform them that you have recently had a Urodynamics test. A course of antibiotics may be necessary.

FURTHER INFORMATION

If you would like any further information, or would like to discuss the test, please contact: Woodland Hospital Outpatient Department on (01536 536811) or Helen Barker on (01536 411241).

Please leave your name and contact number with a short message and we will return the call as soon as possible (although this may not be the same day).