

Further information

If you have further questions or concerns about your test, please contact:

Gynaecology Outpatients Department
The Royal London Hospital

Tel: 0203 594 1585

Patient information

Urodynamics

Patient Advice and Liaison Service

If you need general information or advice about Trust services, please contact the Patient Advice and Liaison Service (PALS) on 020 3594 2040 or visit www.bartshealth.nhs.uk/pals. Alternatively please contact staff who are providing your care if you require clinical advice.

Large print and other languages

For this leaflet in large print, please speak to your clinical team.
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Reference: BH/PIN/536

Publication date: Jan 17

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Introduction

This leaflet is designed to explain urodynamics, a test to assess the function of your bladder and also helps to identify the cause of your bladder problems more accurately. It can be done either with urethral function studies or with video-urodynamics.

How is this test performed?

The test involves putting a fine tube into the bladder through the urethra (the tube coming from the bladder through which you pass urine) and another one into the back passage. These are attached to a machine which records pressures in the bladder as it is filling.

Sterile fluid is then passed through the bladder tube to fill your bladder slowly. While this is happening, we will ask about the sensations you are having in your bladder. These should not be painful but should mimic the everyday feelings your bladder has when filling.

When you feel the bladder is full we will stop filling it and then you may be asked to do several things such as coughing and washing your hands. You will then be asked to pass urine into a special toilet which will measure your flow of urine.

We may take x-rays of your bladder during some urodynamics investigations (video- urodynamics). **It is important you tell us if there is any chance you are pregnant.**

The test is done in the clinic after the taking your consent verbally and usually takes around 45 minutes. There is no alternative to this test.

What do I need to do to prepare?

- Stop taking bladder stabilising medication like Oxybutinin, Detrusitol or Solifenacin for two weeks prior to the test, if you have any of them.
- Try to arrive at the department with a comfortably full bladder.

Do not pass urine until you have spoken to the nurse who is performing the test. However please do not drink excessively prior to the test

- Fill in the fluid chart that will be sent to you over three days prior to your appointment so that you can record how much you drink and pass urine. It is important you bring this with you to the clinic so we can advise and plan your treatment.

How will I feel afterwards?

You may experience:

- Some discomfort when passing urine
- Urgency and a repeated sensation of wanting to pass urine even when your bladder is empty
- Blood stained urine (this is normal in the first 24 hours)

What are the side effects?

There is a small risk of urinary tract infection after these tests.

- It is important to drink plenty of fluids to reduce the risk of infection
- If the discomfort persists or increases, you should contact your GP to check for an infection as this can be treated with antibiotics

Situations where the tests may be delayed or rebooked

- Ideally we try and avoid doing these tests if you are having a period especially if it is heavy. If you have any queries about this please contact us on 02073777432 and we can decide with you if we should proceed.
- If you think you have a urinary tract infection (eg burning and stinging on passing urine, abdominal pain, fever) please go to your GP so that a urine sample can be taken. You may need antibiotics.
- If you have an untreated or an infection that has not responded to recent antibiotics we will not be able to do the urodynamic test.