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University Health Board

## **A Patient Guide to**

## **Urodynamic Studies**

## **Department of Urology**

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### **Introduction**

Your Consultant needs to know in more detail what is happening in and around your bladder, to find out what is causing you to have problems. A test has been arranged to help find out the cause of your bladder symptoms. This test is called urodynamics. This leaflet aims to answer some of the most commonly asked questions about the procedure. We appreciate that you may have very specific questions not covered by this leaflet. If you do, please contact one of the Nurses whose telephone numbers can be found at the back of this booklet.

### **What is Urodynamics?**

This is an investigation used to find out how your bladder behaves, by measuring pressure within your bladder. It may indicate the cause of your symptoms such as incontinence, urgency or difficulty with emptying. The results will help your consultant to determine the best form of treatment for you. This may mean surgery, although many problems can be treated with tablets and special exercises.

### **Where will the test take place?**

There are urodynamic departments at all three sites within the Aneurin Bevan University Health Board. To determine which clinic, you are to attend please refer to your appointment letter.

### **Do I need to do anything before I come to the clinic?**

Continue to take your normal medicines up to and including the day of your test.

If you have a replacement heart valve or you normally have antibiotics prior to dental treatment please contact the Nurse Specialist as soon as possible.

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 that it may be difficult to fill in this chart at work. If you are unable to measure urine at work you can just recall the time. Please read the instructions carefully and fill in the fluid chart for at least 3 days

## **PLEASE BRING THE CHART TO THE CLINIC WITH YOU.**

### **What happens when I attend the clinic?**

Please arrive promptly for your appointment with a comfortably full bladder. If you cannot 'hold on' when you arrive at the department, please tell the Nurse in the clinic or ask the receptionist to tell the Nurse. We will do our best to accommodate your needs. We make every effort to keep to time and you should expect to be at the hospital for about 1 hour. The procedure will be explained to you and you will be asked to briefly tell us about your current symptoms. The first thing we ask you to do is pass urine into a special toilet – this is called a flow meter and simply measures how much urine you pass.

The Nurse will then insert 2 tubes, one into the bladder and one into the rectum. One allows us to fill your bladder with clear fluid and measure the pressure within your bladder as it fills. We also need to place a tube into the rectum. The tubes are made of very thin plastic. This information is relayed to a computer and you will be able to see what is happening on the computer screen if you wish to.

Your bladder will slowly be filled with clear fluid and we will ask you to tell us how your bladder is feeling, e.g. when you would normally want to go to the toilet.

When your bladder feels full we shall stop filling, and ask you to pass urine again in our special toilet. The remaining tubes will be removed and you will be able to get dressed.

Either the doctor or the Nurse will explain the test results to you and answer any questions as far as possible.

You will also be sent an appointment to see your consultant and discuss the results and treatment in more detail.

It is importance to let us know if you need to change or cancel your appointment. **We will then be able to offer another patient your slot.**

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

You can go home straight after the test and it is safe for you to drive.

### **Are there any risks?**

Following urodynamics a small number of patients may experience minor problems. The most common are frequency i.e. passing water more often, traces of blood in the urine and a slight discomfort when passing urine. The Nurse will give you a leaflet telling you all about that and what to do.

After 24 hours if you are having difficulty passing urine, or if your urine remains blood stained contact your GP for advice or call NHS Direct on **0845 46 47**, available 24 hours a day.

### **What are the benefits?**

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

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

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

The Health Board employs specialist nurses who are able to help you and talk to you about your problem, they can also answer any questions you may have about the test.

## **Contact details**

If you have any further question please contact:-

### **Urology Wards:-**

D 5 East on:- 01633 – 234044 234041 ( 24 hours )

Urology Assessment Unit - 01633234029

### **Nurse Specialists**

Coral Seymour - Tel. No:- 01633 – 234976

Zoe Ladd - Tel. No:- 01633 - 234976

Paulette Hussain - Tel. No:- 01633 - 234976

Adapted from Chapple C R and MacDiarmid S (2000) Urodynamics Made Easy (2nd ed) London:  
Churchill Livingstone

**“This document is available in Welsh /  
Mae’r ddogfen hon ar gael yn Gymraeg”.**