

A Patient Guide to Urodynamic Test

Introduction

An Urodynamic test has been arranged to help find out the cause of your bladder symptoms.

The following information aims to answer some of the most commonly asked questions about the procedure.

What is Urodynamics?

This is an investigation used to find out how your bladder behaves by measuring pressures within and around your bladder. 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 medication and special exercises.

Do I need to do anything before I come to clinic?

Complete the attached 'Frequency Volume Chart' for a minimum of three complete days and bring this with you to the clinic. Continue to take your normal medication.

What happens when I attend the clinic?

Please arrive promptly for your appointment with a comfortably full bladder. The test takes approximately forty-five minutes and the procedure will be explained to you. The first thing we ask you to do is pass urine into a special toilet called a Flow Meter. It simply measures how much urine you pass and what your flow is like. The nurse will use a fine catheter to fill your bladder with clear fluid and also put two thin plastic tubes into your bladder and back passage to measure the pressures while filling your bladder. This information is relayed to a computer and you will be able to see what is happening on the computer screen if you wish. As your bladder is slowly filled with the fluid, we will ask you to cough and to tell us when you would normally want to go to the toilet.

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

What happens after the test?

Either the doctor or the nurse conducting the test will explain the test results to you and answer any questions you may have. Further management will also be discussed. You can go straight home after the test and it will be safe for you to drive.

Are there any risks?

Following urodynamics, a small number of patients may experience minor problems. The most common are passing water more often, traces of blood in the urine and a slight discomfort when passing urine. There is also a small risk of developing a urine infection. These symptoms should settle after twenty-four hours but if not you should contact your GP.

Your urine is examined prior to the test and if an infection is suspected, the test will be postponed.

Please note that the test may not be done if you are menstruating and you will need to rearrange the appointment.

If you have any further questions please contact:

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Nevill Hall Hospital

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Jane Howe, Secretary to Mrs Ashraf,
Ysbyty Ystrad Fawr

☎ 01443 - 802242

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YOUR APPOINTMENT DETAILS

Appointment date

Appointment time

**** An appointment confirmation letter will follow in the post****