

# Having a Urodynamic examination

Department of Urology

## What is Urodynamics?

Urodynamics is a test used to give us more detailed information about your bladder, it is designed to assess bladder function which will help us to decide the best treatment for you.

The test will usually be performed by a Nurse Specialist or a Urologist.

During the test, you will be positioned comfortably on a couch and two small tubes will be inserted. One into the urethra (the tube from the bladder which drains urine) and the other into the anus (back passage). (Please ensure you are not constipated).

The test will involve filling your bladder slowly with water at a measured rate. You will be asked to cough and strain at intervals and to tell us when you feel the desire to pass urine. You will then be encouraged to hold on until your bladder feels quite full, then with the tubes still in place you will be asked to pass urine.

If one of your symptoms is leakage of urine, we will try to reproduce this so that we can see what the bladder is doing when the leakage occurs.

Patients may find this embarrassing but it is a necessary part of the information needed to treat your symptoms.

## What should I expect before procedure?

The procedure may take up to one hour. Please be aware that you may be in the department for up to two hours. You are required to attend with a reasonably full bladder.

You will be asked to submit a urine specimen to test for infection prior to proceeding; if infection is detected we will have to postpone the procedure.

Please ensure that any medication for your urinary symptoms is stopped a week before your test. These include Oxybutinin (ditropan), Teltrodine (detrusitol) or Solifenacin (vesicare), Tamsulosin, Doxazocin, Alfuzosin, Indoramin, Finasteride, Dutasteride, Trospium Chloride and Mirabegron(Betmiga).

Please ask your doctors surgery to test your urine 5 days before your appointment as we cannot proceed with the investigation if you have

a urinary tract infection. Please contact the Urology Nursing team if you think you may have a urinary infection. Please complete the frequency volume chart which has been sent out to you with your appointment letter or given at your last clinic appointment. Also please make sure that you have opened your bowels on the morning of your procedure or the night before.

Please inform the healthcare professional undertaking the procedure if you have a:

- a coronary artery stent
- an artificial heart valve
- a heart pacemaker or defibrillator
- a regular prescription for Warfarin, Aspirin, Clopidogrel
- please also let us know if you have any allergies.

## Are there any side-effects?

Most procedures have a potential for side-effects the most common are:

- discomfort in passing urine
- bloodstained urine
- urine infection
- inability to pass urine (retention of urine), this will require a temporary insertion of a catheter (tube into the bladder) to relieve the problem.

Occasionally we are unable to give you a definitive diagnosis and this may mean that the test will need to be repeated.

## Instructions on discharge

- Drink plenty of fluid - approximately one or two litres that day.
- It is quite normal to notice some blood in the urine following the procedure and up to 5 days afterwards.
- If you experience flu-like symptoms, shivering/shaking, any pain/burning when passing urine or a high temperature, you should contact your GP as you may require a course of antibiotics.
- If you are unable to pass urine after the test, you should contact your GP, failing that attend your local Accident and Emergency Department stating that you have had a procedure called Urodynamics.

Please inform us at least a week if you think you no longer need this procedure or are unable to attend for any reason.

## Useful telephone numbers

### The Princess Royal Hospital

The Urology Nursing Team                      01444 441881    Ext. 65457  
Cuckfield Ward                                      01444 441881    Ext. 68187

### Urology Consultants Reception:

Mr. Nawrocki's secretary                      01444 441881    Ext. 67808  
Mr. Coker's secretary                            01444 441881    Ext. 68043  
Mr. Symes's secretary                            01444 441881    Ext. 67809  
Mr. Larner's secretary                            01444 441881    Ext. 67808  
Mr. Alanbuki's secretary                        01444 441881    Ext. 67810  
Mr Zakikhani's secretary                        01444 441881    Ext. 67809

## Other sources of information and help

### Incontact

– Provides information and support for people affected by bladder and bowel problems.

United House, North Road, London N7 9DP

Telephone **0870 7703246**

Email **info@incontact.org.uk**

Website **www.incontact.org.uk**

### The Continence Foundation

– provides leaflets and information

307 Hatton Square, 16 Baldwins Gardens, London EC1N 7R

Telephone **0207 404 6875**                      Fax **0207 404 6876**

Email **continencefoundation@dial.pipex.com**

Website **www.continence-foundation.org.uk**

### Continence Advisory Service

West Sussex Primary Care Trust

Telephone **01444 475 807**

Fax **01444 475 782**

PCT Website **www.westsussexpct.nhs.uk**

Brighton & Hove Continence Advisory Service:

Telephone **01273 265912**

Fax **01273 242245**



carer and patient information group approved

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