

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).

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 bladder symptoms e.g Oxybutinin (ditropan), Teltrodine (detrusitol) or Solifenacin (vesicare), is stopped a week before your test.

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, Clopidrogel
- 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.

Useful telephone numbers

The Princess Royal Hospital

The Urology Nursing Team

01444 441881 Ext. 5457

Urology Consultants:

Mr. Nawrocki's secretary	01444 441881	Ext. 5962
Mr. Coker's secretary	01444 441881	Ext. 8043
	01273696955	Ext. 7808
Mr. Symes	01273 696955	Ext. 7809
Mr Alanbuki's secretary	01273 696955	Ext. 7810
Mr. Larner's secretary	01273696955	Ext. 7808

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**

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