Urodynamic Studies
An information guide
Urodynamic Test

After reading this leaflet we hope that you will have a greater understanding about the urodynamic test. If you have any questions please feel free to ask for a further explanation at any time.

What is a Urodynamic Test?
This is a test that is performed in the outpatient clinic and takes approximately 45 minutes.
It assesses the bladder and the bladder outlet (urethra).

Why do I need a Urodynamic Test?
Your doctor will have asked for this test to find out why you are having difficulty in either holding or passing urine.
This test is usually only required if simple conservative management has not worked for your problem. This includes changing your drinks, weight loss, pelvic floor exercises and medicine.
It can also help diagnose the reason for any urinary leak (incontinence). The commonest types of incontinence are “urge incontinence” and “stress incontinence.”
They have different causes and also require different types of treatment.
What are the benefits?
By having this test it will enable your doctor to decide how best to treat your symptoms.
It will provide useful information if your doctor is considering surgery.

What are the alternatives?
Not everyone with bladder symptoms will need to have this test. Your doctor may be able to decide how best to treat you with non-invasive tests such as a flow test, bladder scan and a bladder diary. However, the Urodynamic Test is the best way that your bladder function can be properly measured. It is particularly useful if previous treatments have not worked.

Before the test
• you should eat and drink normally
• you should not have diarrhoea or constipation
• you may postpone the test if you are menstruating
• you should shower or bathe as usual on the day of the test
• you should wear a skirt or trousers and a separate top, as you will need to remove your lower clothing and change into a hospital gown
• you will receive a bladder diary and also a questionnaire - it is important that you complete both and bring them with you
Without this information it may be necessary to postpone the Urodynamic Test.
You should bring a list of your current medication
You should stop taking any of the following medication for at least one week, because it may affect the test.

**This includes:**
- Oxybutynin (Cystrin®, Ditropan®, Lyrinel®, Kentera®)
- Solifenacin (Vesicare®)
- Tolterodine (Detrusitol®)
- Fesoterodine (Toviaz®)
- Darifenacin (Emselex®)
- Trospium (Regurin®)
- Propiverine (Detrunorm®)
- Mirabegron (Betmiga®)

**What will happen during the test?**

You should come to the clinic with a comfortably full bladder. If possible, please do not pass urine for a few hours before your appointment. A midstream sample of your urine will be tested for infection. The Urodynamic Test may be postponed if you have an infection.

The test will be explained again and you will be able to ask any further questions you may have.

Your bladder diary and questionnaire will be examined. You will be asked to change into a hospital gown and lie down on an examination couch. A narrow tube (catheter) will be passed into your bladder using a lubricant with some local anaesthetic properties. This tube is used to fill your bladder and also to take pressure measurements. Another catheter will be passed into your back passage (rectum) to take pressure measurements. Insertion of these catheters may be slightly uncomfortable but should not be
painful. You may find the test a little embarrassing. We will do our best to minimise this and respect your dignity throughout the test.

During the first part of the test your bladder is slowly filled with saline. This is usually done with you standing or sitting. You will be asked questions about the sensations in your bladder. You will also be asked to do some of the things which might trigger the problem you have e.g. cough, strain, stand up, jog, or listen to the sound of running water.

The main aim of the Urodynamic Test is to reproduce the urinary symptoms that are bothering you.

During the second part of the test you will be asked to empty your bladder into a special toilet. The nurse/doctor may leave the room to allow you to do this in private. Occasionally, it may be necessary to use x-rays during the test (Video-Urodynamic Test). If you are pregnant or think you might be pregnant it is very important that you let us know. Once the test is complete the catheters are removed. You will get dressed and may then go home.

The nurse/doctor may discuss the results of your test with you immediately after the test or you may be given a date for a follow-up appointment. A report will be sent to the doctor who requested your test.
After the test
You should be able to go back to your usual day-to-day activities straight away. You are advised to drink extra fluids (water or cordial) for two days and then return to your normal drinking habits.
If it is safe for you to do so, try to drink approximately 3 litres (5 pints) of fluid each day.
You may take pain killers such as paracetamol or ibuprofen, for any discomfort.

What are the risks and complications?
• the test may not be completed e.g. if it is not possible to insert the catheters
• the test may be normal e.g. if it is not possible to reproduce the symptoms that have been bothering you
• you may notice some blood or experience burning when passing urine. This should settle if you drink plenty of fluid.
• You may develop a urine infection requiring antibiotic treatment.
  - you should contact the urodynamic nurse (9am to 5pm) who will test your urine and arrange for you to collect a prescription for a course of antibiotics
  - out of hours, you should either contact your own GP or attend your local A&E department.
• You may be unable to pass any urine (urinary retention).
  - you should contact the urodynamic nurse (9am to 5pm)
  - out of hours you should either contact your own GP or attend your local A&E department.
Any further questions?
Please contact your Consultant’s secretary and ask to speak to the Urodynamic Nurse Specialist.
If English is not your first language and you need help, please contact the Ethnic Health Team on 0161 627 8770

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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