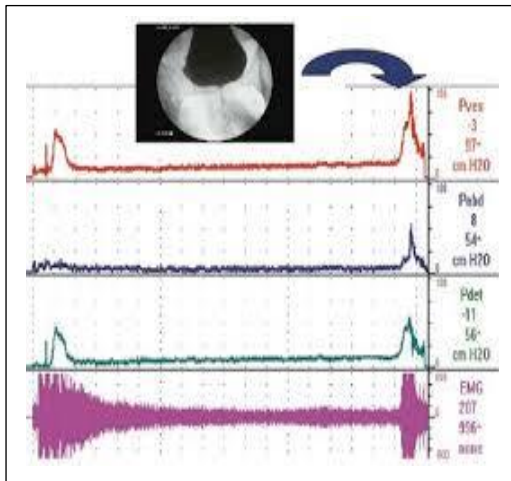




What is a Urodynamic test?

Urodynamic studies are a test of the function of the bladder and pelvic floor muscles. The test can be done either in radiology or the consulting rooms, depending on the reason for the test being undertaken. Urodynamic studies are commonly done in women to investigate the cause of incontinence, especially if surgery is being considered and in men to investigate obstruction due to prostatic enlargement. The test takes around 30 minutes and is a little uncomfortable, but is not painful. There is no special preparation required before the test but it is helpful to arrive with a comfortably full bladder. On arrival a flow test is performed which involves passing urine in the usual way but into a toilet that connects to a computer and records the flow of urine. After completing the flow test a catheter is inserted to the bladder to allow filling of the bladder and to record the activity of the bladder wall muscle during the test. A local anaesthetic gel is inserted into the urethra (the water pipe that drains the bladder) to allow the catheter to be passed comfortably. A catheter is also inserted into the rectum to improve the accuracy of the test. The bladder is then filled over a few minutes until the point where there is a strong desire to void. At this point you will stand up and be asked to perform a few coughs and manoeuvres to increase pressure on the pelvic floor to test the strength of this muscle. The last part of the test involves emptying the bladder again using the toilet that is able to record the flow. After the test there may be some discomfort when urine is next passed and it is helpful to drink an extra glass of water on returning home. The results of the test are discussed a few days later so that a treatment plan can be made.



- Urodynamics tests the function of the bladder and pelvic floor
- It is commonly used to assess the cause of incontinence in women and prostatic obstruction in men
- The test takes around 30-40 minutes
- It is not a painful test and a local anaesthetic gel is used before passage of a catheter into the bladder
- X-ray or ultrasound is used to image the bladder during the test

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