

## **Patient information from Gordon Muir, Consultant Urological Surgeon**

Please do not rely on this information unless you have been specifically sent this by Mr Muir

### **Urodynamics**

#### **What is a Urodynamics Study?**

This is a test of your bladder function and is helpful in the planning of treatment for your urinary problems.

#### **Who performs the study?**

The study is supervised by a Consultant assisted by a radiographer or a nurse practitioner.

#### **What is the preparation for the test?**

You will be asked to arrive for your test with a reasonably full bladder so that a flow rate can be obtained prior to the commencement of the examination. If you feel you are not adequately full, please drink some water while you are waiting for your test. It is not necessary to skip meals prior to your test.

A urine sample will be taken either before or at the time of the test.

#### **Pregnancy:**

For women of child bearing age, please ensure that you are not pregnant or that there is no risk of pregnancy, as the test involves X-rays to the pelvic area. It is ideal to perform the test in the first 10 days following your period to be absolutely sure that you are not pregnant.

#### **On Arrival:**

You will be asked to pass urine into a special flow machine in private. If you already have a urethral catheter, this will not be required.

#### **What happens next?**

A very thin catheter (tube) is passed into your bladder and another very thin tube is passed into the rectum (back passage). The urinary catheter is used to fill your bladder with contrast (fluid) that is visible with the X-ray equipment. You may have some mild discomfort as the tubes are being positioned for the tests, but it should not be painful. Local anaesthetic will be applied to reduce the discomfort. A Urodynamics computer will measure the pressures inside your bladder and rectum whilst this is carried out. Once your bladder is full, X-rays may be taken and you will be allowed to pass urine. At the end of the procedure, which takes 15 -20 minutes, the tubes are removed and you may get dressed again.

#### **How long will the study take?**

Please allow 30 minutes to an hour for the study to be completed.

#### **Will there be any side effects?**

You may have a small degree of 'burning' or 'stinging' on urinating following the study. This is normal. There is also a small risk of bladder infection following the procedure. To reduce the risk of these side effects, drink 8 glasses of fluid (around 2 litres) over 24 hours after the test. If you develop fever or signs of infection following the test, you should contact your GP or Urologist as you may have a bladder infection. This can then be treated with antibiotics.

#### **When will I receive the results?**

The report will be generated following the test and will be sent to your or urologist within 24 hours. The results may be quite technical and will be explained to you by your Urologist.