Urodynamics – a test to find the cause of bladder problems

What are Urodynamics?

Urodynamics is the series of tests designed to show how your bladder functions in the storage and passing of urine.
The tests measure the pressures within your bladder and abdomen as your bladder fills with urine and the flow rate of urine on emptying your bladder. They are usually done to investigate urinary incontinence and help diagnose what is causing you to have problems.

Your symptoms may include:

- Leaking when coughing, sneezing, laughing or exercising – **Stress Incontinence**
- Sudden and/or frequent urge to pass urine – **Urge Incontinence**
- Getting up several times in the night or many times in the day to pass urine – **Frequency**
- Difficulty emptying your bladder
- Recurrent bladder infections

The results will help your Consultant to decide on the best form of treatment for you, particularly important if surgery is being considered, as the results may show that your problems can be treated better by tablets and lifestyle changes.

Preparation for the test

Medicines

For two weeks before the urodynamic tests please stop taking any tablets you have been given for your **bladder symptoms.**

These include:

Solifenacin (Vesicare)
Trospium chloride (Regurin, Regurin XL)
Tolterodine (Detrusitol, Detrusitol XL)
Oxybutinin (Ditropan, Cystrin, Lyrinel XL and Kentera patches)
Propiverine (Detrunorm, Detrunorm XL)
Fesoterodine (Toviaz)
Darifenacin (Emselex)
Mirabegron (Betmiga)
Vibegron (Obgemsa, Gemtesa)

Please continue to take your medication for other health problems, blood pressure, water tablets, heart problems, diabetes etc. If you are not sure what your tablets are for please check with your GP surgery or pharmacy before stopping any tablets.

compassionate care

Bladder diary

You should have been given a chart to complete before coming for the test. We need to see three days of how much you drink, what you drink and when you go to the toilet and how much you pass. We would also like to know if you leak and when this happens. If it is difficult to complete the chart fully at work you can just record the time of when you go to the toilet. This information is important to give an accurate diagnosis and management plan of your symptoms. If you have not been given a Bladder Diary sheet there is one at the end of this leaflet. Please bring the completed diary to this appointment.

On the day of the test

You can eat and drink normally before the test. No anaesthetics will be required for these tests as they are not normally painful. Please wear separates for your appointment as you will be required to remove your lower clothing and wear a gown. If you have a urinary tract infection at the time of your appointment you will need to cancel it and reschedule when you have completed the course of antibiotics. If you are menstruating normally on the appointment day you should reschedule also. However if your periods are very light and symptom free we will be able to go ahead with the test. Please remove tampons before the test.

Please allow approximately 45 minutes for the appointment. We would like you to arrive at the Gynaecology clinic with a comfortably full bladder, do not go to the toilet when you arrive at hospital. If you cannot hold on whilst waiting for your appointment then please tell one of the nurses or receptionist and we can give you a container to use when you pass urine in the toilet.

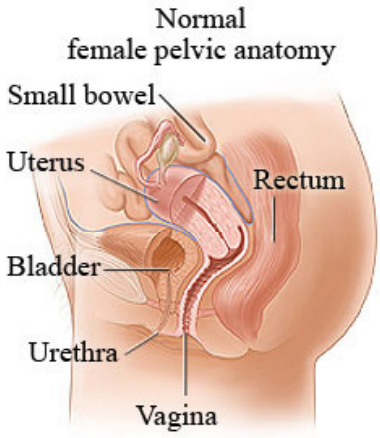
What happens during the test

Firstly, you will be shown to the changing room and asked to remove your lower clothing including your tights or socks. You will be given a gown to wear throughout the tests.

You will then be asked to pass urine into a special commode, this is a flow meter and measures how much urine you can pass at one time. The Nurse/Doctor can leave the room if you wish at this time.

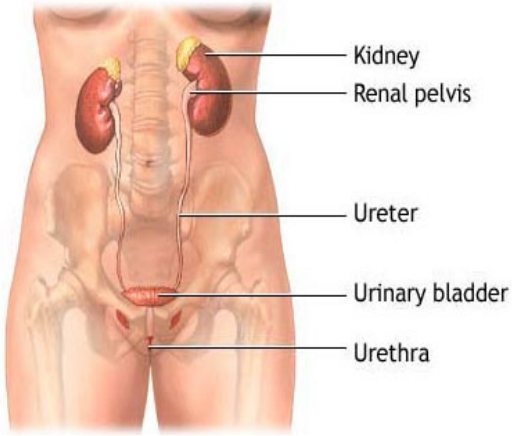
You will then be asked to lie down on a couch and the Doctor will insert a fine tube (catheter) with a sensor into your bladder and another into your back passage (rectum). Occasionally, the second tube will need to go into the vagina instead. The process may be uncomfortable for a moment but should not be painful. The bladder tube allows us to fill your bladder with sterile fluid and measure the pressure inside your bladder. The tube in your rectum allows us to measure the pressure in your abdomen whilst your bladder is filling and when asked to cough. This process is called Cystometry. You will then be sat up for the rest of the test.

The information from these tubes is sent to a computer and the doctor will be monitoring the results on screen. Your Doctor can show you a print-out later. See the following pictures showing the female urinary and pelvic anatomy.





Having the Test



Your bladder will be filled with saline and we will ask you to tell us how your bladder is feeling i.e. when you would normally want to go to the toilet, what you feel when running a tap and when you become uncomfortable. When your bladder feels very full we will stop filling.

To find out how your bladder behaves during physical activity we will ask you to give a series of coughs when you are standing on absorbent pads and also sitting on the commode again.
We appreciate that patients may find this embarrassing, please do not worry about this – it is a vital part of the test and helps us make an accurate diagnosis.

Finally, we will ask you to pass urine into the commode again. Try not to do this until asked to do so. The tubes will then be removed whilst sitting on the commode. This will not hurt at all. You can then go and get dressed and the Doctor will then be ready to discuss the results with you.

After the test

You can either return to work or go home straight away after the test and it is quite safe to drive.

The risks

Following Urodynamics a small number of patients may experience some minor problems. The most common are:-

- A stinging or slight discomfort when passing urine
- Frequency, i.e. passing urine more often and
- Rarely, traces of blood in the urine

All these symptoms are temporary and should go away quite quickly. Please drink more fluids over the next few days to 'flush your bladder' and help prevent a urinary tract infection. It may be beneficial if you avoid tea and coffee and fizzy drinks as they can irritate the bladder. If symptoms do not go away then please see your G.P. with a urine sample to rule out an infection.

The benefit of the test is that your Doctor can make an accurate as possible diagnosis of your condition. Please remember that although the test sounds uncomfortable and embarrassing you have overcome the most difficult part by telling your doctor about your problem. We are aware that the test cannot replicate your symptoms entirely because of the unnatural surroundings. However, with the bladder diary, your description of symptoms and these test results we will then be able to offer you the right treatment, which should help you return to a more active and social lifestyle.

If you need further information

The Trust employs Specialist Nurses who are able to help you and talk to you about your problem. They will try to answer any questions you may have about the test. If they are not available contact Gynaecology Outpatients in Huddersfield or Halifax.

Understanding Female Urinary Incontinence(2005) by Dr. PToozs-Hobson and Prof. L. Cardozo. Published by Family Doctor Publications Ltd. Available from local chemists.

National Confidential Bladder and Bowel UK help line 0161 607 8219
https://www.bladderandboweluk.co.uk

Bladder and Bowel Community - **https://www.bladderandbowel.org**

The Cystitis and Overactive Bladder Foundation – Gives support to people with all forms of cystitis and overactive bladder problems. Telephone: 0121 7020820. **www.cobfoundation.org**

The Continence Foundation Telephone: 0845 3450165. **www.continence-foundation.org.uk**

If you have any comments about this leaflet or the service you have received you can contact :

Urogynaecology Consultants' Secretary
Women's Services, Calderdale Royal Hospital
Telephone No:01484 355624

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obrat'te se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z www. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,

ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉੱਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براۓ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

Frequency volume chart

 = 150ml  = 220ml  = 330ml

DAY 1					
Time	Drinks		Urine		Accidental Leaks
	What kind?	How much?	How urgent?	How much?	Y / N
Example	Juice	150ml	1-3 (3 = most urgent)	25 mLs	YES
6–7 am					
7–8 am					
8–9 am					
9–10 am					
10–11 am					
11–12 midday					
12–1 pm					
1–2 pm					
2–3 pm					
3–4 pm					
4–5 pm					
5–6 pm					
6–7 pm					
7–8 pm					
8–9 pm					
9–10 pm					
10–11 pm					
11–12 midnight					
12–1 am					
1–2 am					
2–3 am					
3–4 am					
4–5 am					
5–6 am					
Total					

DAY 2					
Time	Drinks		Urine		Accidental Leaks
	What kind?	How much?	How urgent?	How much?	Y / N
Example	Juice	150ml	1-3 (3 = most urgent)	25 mLs	YES
6–7 am					
7–8 am					
8–9 am					
9–10 am					
10–11 am					
11–12 midday					
12–1 pm					
1–2 pm					
2–3 pm					
3–4 pm					
4–5 pm					
5–6 pm					
6–7 pm					
7–8 pm					
8–9 pm					
9–10 pm					
10–11 pm					
11–12 midnight					
12–1 am					
1–2 am					
2–3 am					
3–4 am					
4–5 am					
5–6 am					
Total					

DAY 3					
Time	Drinks		Urine		Accidental Leaks
	What kind?	How much?	How urgent?	How much?	Y / N
Example	Juice	150ml	1-3 (3 = most urgent)	25 mLs	YES
6–7 am					
7–8 am					
8–9 am					
9–10 am					
10–11 am					
11–12 midday					
12–1 pm					
1–2 pm					
2–3 pm					
3–4 pm					
4–5 pm					
5–6 pm					
6–7 pm					
7–8 pm					
8–9 pm					
9–10 pm					
10–11 pm					
11–12 midnight					
12–1 am					
1–2 am					
2–3 am					
3–4 am					
4–5 am					
5–6 am					
Total					

Leaflet No: cwgy0034 v4 review date 6/28 page 5 of 5