



Saint Mary's Managed Clinical Service
Division of Gynaecology

PATIENT INFORMATION LEAFLET

VOIDING STUDIES

WHAT ARE VOIDING STUDIES?

This is a simple test which requires you to pass urine into a special toilet. Afterwards you will have the lower part of your abdomen (tummy) scanned with a small ultrasound device called a bladder scanner to see whether you have emptied your bladder fully.

WHY DO I NEED THIS TEST?

You may be having this test because you have symptoms of incomplete emptying of your bladder or sometimes the test is carried out prior to surgery for stress incontinence or prolapse. Your doctor/nurse will explain why you are having the test before it is carried out.

You may be experiencing some or all of the following symptoms:

- unable to completely empty your bladder when urinating
- frequent urination in small amounts
- difficulty starting the flow of urine, called hesitancy
- a slow urine stream
- the urgent need to urinate, but with little success
- feeling the need to urinate after finishing urination
- leaking urine without any warning or urge
- lower abdominal (tummy) pain or discomfort

HOW DO I PREPARE FOR THIS TEST?

You will need to fill and empty your bladder twice for the test which can take up to 4 hours, so please bring something to help you pass the time such as a book.

You can eat and drink as normal prior to the test, it is important that you are well hydrated.

Please continue to take any medication that you normally take unless advised otherwise.

Please attend the appointment with a comfortably full bladder and try and avoid passing urine for 1-2 hours before you attend if possible (for some people this may not be possible so please do not worry if that is the case). This will reduce your appointment time.

Please ensure you have completed the 3 day bladder diary that you will have been given (this may be in paper format or on an app called IUFLOW). This is important as it gives us a lot of information that will help in offering suitable treatments and forming a diagnosis.

If you have not received a bladder diary please contact the number at the end of this leaflet and ask for one to be sent to you.

WHAT DOES THE TEST INVOLVE?

On arrival to the clinic, a member of staff will meet you and explain the test fully. You will be asked to drink some water or other fluids to fill your bladder and wait until your bladder is comfortably full before you pass urine. If you arrive with a comfortably full bladder and feel that you need to pass urine, then let the nurse know.

Once you are ready to pass urine you will need to let the member of staff know and they will ask you to urinate, in privacy, into a specially adapted toilet (flowmeter) that will measure how quickly you pass urine (see picture below). You need to pass urine like you do at home and be as relaxed as possible when you do so.

After passing urine into the flowmeter you will be asked to lie down to have an ultrasound scan of your bladder to see how much urine is left. The scan is performed by placing some warm gel on the skin over your bladder area and moving an ultrasound probe over the skin.



Your urine will also be tested for infection, blood, and other parameters using a 'dipstick' and results will be documented in the final report.

This process will normally be repeated two or sometimes three times. This is why the test takes a long time as we must wait for your bladder to fill each time before you urinate.

WHAT HAPPENS AFTER THE TEST?

The results of your flow studies will be sent to the person who referred you for the test. Your results will then be reviewed and you may either be sent an appointment to see your doctor, or they will write to you with the results and further recommendations.

If there is any advice that can be given to you based on your bladder diary and the results of the test, the nurse will discuss this with you on the day and give you any relevant information.

CONTACT DETAILS



0161 701 4455 - Appointments (Choose option 3 "Urogynaecology")



Uro-Gynaecology@mft.nhs.uk



<https://mft.nhs.uk/saint-marys/services/gynaecology/urogynaecology/>