



Saint Mary's Hospital

The Warrell Unit

Urodynamic Studies

Information For Patients



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You have been referred to the Warrell Unit for urodynamic studies.

What are urodynamic studies?

This is a study of bladder activity, the pressure in the bladder and the flow in the tube (the urethra) through which you pass urine.

The study shows what is happening when your bladder is filling and emptying.

This forms part of the total assessment of your bladder problems and will help your Urologist/Uro-gynaecologist to decide on treatment.

The study takes approximately 25 minutes and will not affect your ability to drive home afterwards.

Does everyone with bladder problems require urodynamic studies?

No, but it may be useful for the following situations:

- If you have a mixture of symptoms rather than one specific problem, which makes diagnosis less certain.
- To exclude abnormal bladder behaviour prior to surgery.
- To investigate symptoms further if previous treatment has not improved your condition or your symptoms have changed.

Are there any special instructions before attending on the day I have urodynamic studies?

No special preparation is required, however, you must stop taking the following medication 72 hours (3 days) before your test, unless instructed otherwise by your doctor or nurse:

Oxybutinin (*Cystrin, Ditropan, Lyrinel, Kentera*)

Tolteradine (*Detrusitol*)

Darifenacin (*Emselex*)

Fesoterodine (*Toviaz*)

Propiverine (*Detronorm*)

Solifenacin (*Vesicare*)

Trospium chloride (*Regurin*)

Flavoxate (*Urispas*)

Mirabegron (*Betmiga*)

If you have a urine infection on the day of your test we may not be able to complete it. You may, therefore, wish to have your urine tested by your GP a few days before your appointment. **If you do have an infection, please ring the Warrell Unit for another appointment.**

If you are menstruating at the time of your appointment you may wish to rearrange it for reasons of personal comfort, but it will not affect the urodynamic studies.

A urinary diary has been sent to you with your appointment. You will need to complete it and bring it with you as it may help in diagnosing your problem.

When you arrive at the Warrell Unit, please do not pass urine without asking a member of staff, as we may need to measure or test your urine.

How are urodynamic studies performed?

A Nurse will talk to you about your bladder problems and explain the procedure.

You will be asked to pass urine into a special toilet that will measure the rate at which your urine flows and how much you pass.

You will be offered a hospital gown, asked to undress from below the waist, and then to lie down on an examination couch.

After cleansing the genital area, two catheters will be passed into the bladder: one to fill your bladder and one to measure pressure changes. Another catheter is placed into the back passage or the vagina to measure pressure from your tummy muscles.

The catheters are connected to a special machine and a computer which enables the Nurse/Doctor to observe your bladder activity as the bladder fills and as you pass urine.

As your bladder is filled with sterile saline (a mixture of water and salt), you will be asked to tell the Nurse/Doctor when you feel the need to pass urine and when you feel you cannot hold on any longer.

You may be asked to do some gentle exercises while the Nurse/Doctor looks for leakage of urine. Please do not feel embarrassed if any urine escapes, this sometimes happens.

Before the catheters are removed you will be left in private to pass urine into the special toilet again.

The catheters will then be removed and you will be able to redress.

Will there be any after-effects?

Some people may suffer with discomfort when passing urine afterwards. Please drink plenty of clear fluids (up to 2 litres per day) for 24-48 hours after the procedure. If symptoms persist for longer than this, please contact your GP.

Further information

If you have any questions please contact the Warrell Unit Clinical Nurse Specialist on:

(0161) 701 6150

Monday – Friday, 8.30 am – 5.00 pm.

No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on
Tel: (0161) 205 5998 (www.stopsmokingmanchester.co.uk).

Translation and Interpretation Service

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff to arrange it for you.

تنص سياستنا على عدم السماح لافراد عائلة المرضى او اقاربهم او اصديقاتهم بالترجمة لهم. اذا احتجت الى مترجم فيرجى ان تطلب ذلك من احد العاملين ليرتب لك ذلك.

بماری یہ پالیسی ہے کہ خاندان ، رشتہ دار اور دوست مریضوں کے لئے ترجمہ نہیں کر سکتے۔ اگر آپ کو مترجم کی ضرورت ہے تو عملے کے کسی رکن سے کہیں کہ وہ آپ کے لئے اس کا بندوبست کر دے۔

ইহা আমাদের নীতি যে, একজন রোগীর জন্য তার পরিবারের সদস্য, আত্মীয় বা কোন বন্ধু অনুবাদক হতে পারবেন না। আপনার একজন অনুবাদকের প্রয়োজন হলে তা একজন কর্মচারীকে জানান অনুবাদকের ব্যবস্থা করার জন্য।

Nasze zasady nie pozwalają na korzystanie z pomocy członków rodzin pacjentów, ich przyjaciół lub ich krewnych jako tłumaczy. Jeśli potrzebują Państwo tłumacza, prosimy o kontakt z członkiem personelu, który zorganizuje go dla Państwa.

Waa nidaamkeena in qoys, qaraaboamasaaxiiboaysanu tarjumikarinbukaanka. Haddiiaad u baahatotarjumaankacodsoxubinka mid ah shaqaalahainaykuusameeyaan.

我们的方针是，家属，亲戚和朋友不能为病人做口译。如果您需要口译员，请叫员工给您安排。



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