



Information for Patients

Ambulatory Urodynamics

You have been sent this appointment for ambulatory urodynamics because your doctor believes it may help to better assess your bladder problems.

What is ambulatory urodynamics?

Ambulatory urodynamics is a way of finding out why you have problems with your bladder. It can measure how the bladder behaves while you are carrying out normal daily activities, by means of a portable recorder.

Why do I need it?

Not all patients need ambulatory urodynamics. You have probably already had a standard urodynamic test carried out in clinic. Your bladder will have been filled through a tube placed into your urethra (water pipe) and you will have been asked to carry out simple exercises once your bladder felt full, for example coughing, jogging, heel bouncing and listening to running water.

Most of the time this test will help the doctor to understand why you have bladder problems so that you are offered the most appropriate treatment.

However, on this occasion your test did not provide enough information and we would like to collect more information over a longer period of time, under more natural circumstances.

What will happen to me when I have ambulatory urodynamics?

You will have a small measuring device inserted into your back passage and one into your bladder through the water pipe, as you did with the standard test. You will be given a special pad to wear to measure any urine leakage.

These devices will be connected to a small box which you will wear on your waistband.

You will be given a diary and, while carrying out normal daily activities, asked to record any bladder problems and what you are doing when they occur. You will then be allowed to leave the department.

During your time away from the department we would expect you to:

- **Carry out activities that you would usually associate with your bladder problem.**
- **Drink the amount and type of fluid that you would normally.**

How long will it take?

Each test is individual but your test could take up to 3 hours.

Is there anything I need to do to prepare for the test?

Yes:

- Try to move your bowels before the test.
- Wear a **loose fitting** skirt or trousers, not a dress – the recorder needs to attach to a waistband and there needs to be room for cables to be worn under the clothes.
- Wear a long shirt, tunic or jacket to help disguise the equipment.
- If you normally wear tights, wear stockings or pop socks instead.
- Wear full briefs, not thongs or strings.
- Bring drinks with you. If your test takes several hours buying drinks may be costly and you must not limit your intake during the test.
- Hospital car parks operate a **pay and display** system. If travelling by car be sure to pay for 3-6 hours (£5.00) if you are intending to leave the car for the duration of the test. **Wheel clamping** is in operation.
- Using a mobile phone may affect the portable recorder so we advise you to keep it switched off during your test.
- If you are taking any medication to treat your bladder problems you should stop them 72 hours before the test. (Except Duloxetine - this should not be stopped quickly and can be taken as usual, unless instructed otherwise).

Will there be any side effects?

You may experience some irritation in your water pipe during and/or after the test causing you to go to the toilet more frequently. You can help relieve this by drinking extra water for a few days (but not more than a total of 2 litres within every 24 hour period) after the test. If symptoms persist after 48 hours you should take a sample of urine to your General Practitioner (GP).

When will I know the results?

As the test records information over many hours it may take several hours to review it, so you will not get any results on the day of your appointment.

If you are under the care of a doctor in the Warrell Unit, we will arrange an appointment for you to return for discussion of the results. If you are being cared for by another doctor, a report of the results will be sent to him or her.

If you have any questions or concerns, please do not hesitate to contact:

Angie Bryant (Sister)
The Warrell Unit Saint Mary's Hospital
☎ (0161) 701 6150

If you have any comments about this information leaflet we would be pleased to hear them.