



PATIENT INFORMATION LEAFLET

AMBULATORY URODYNAMIC STUDIES

WHAT ARE AMBULATORY URODYNAMIC STUDIES?

Ambulatory urodynamics is a test designed to show how your bladder functions. It measures your bladder's ability to store and pass urine whilst you are carrying out normal activities, such as walking around, by using a portable recorder. This forms part of the total assessment of your bladder problems and will help your doctor to decide on the best treatment for your symptoms.

The study usually takes between 2-4 hours and will not affect your ability to drive home afterwards. We will need you to drink fluids that you would normally drink during the test.

WHY ARE AMBULATORY URODYNAMICS PERFORMED?

Urinary problems, especially incontinence, may affect people of any age. Problems such as these usually increase with age or in pregnancy, childbirth, and the onset of menopause.

Your symptoms may include:

- Loss of urine while coughing, sneezing, laughing, or exercising
- Sudden and/or frequent need to pass urine
- Getting up at night frequently to pass urine
- Difficulty in emptying your bladder
- Recurrent bladder infections

Ambulatory urodynamics looks at how your bladder works in a more natural way. The test allows your bladder to fill naturally and for you to walk around the hospital. Ambulatory urodynamics is usually performed if you have had a standard urodynamics test previously that did not reproduce your symptoms and/or did not find any abnormality.

Results from the ambulatory urodynamic test allow your doctor to understand the cause of your symptoms, and therefore offer you the best treatment for your problems.

PLEASE READ THE NEXT SECTION CAREFULLY TO ENSURE THAT YOU ARE PROPERLY PREPARED FOR YOUR APPOINTMENT.

HOW DO I PREPARE FOR MY APPOINTMENT?

Medication:

If you are taking any of the bladder medication listed below, **please stop taking these 3 days prior to your appointment** as it will affect the results of the test:

- Darifenacin (Emselex)
- Solifenacin (Vesicare)
- Mirabegron (Betmiga)
- Duloxetine (Yentreve)
- Tolterodine (Detrusitol)
- Trospium (Regurin)
- Oxybutynin (Kentera/Lyrinel)
- Fesoterodine (Toviaz)
- Propiverine (Detrunorm)

In addition to the medication listed above, if you are **male**, please also **stop the prostate medication listed below for 7 days prior to your appointment** as it will affect the results of the test:

- Alfuzosin (Xatral, Xatral XL)
- Doxazosin (Cardura)
- Tamsulosin (Flomax, Flomaxtra XL, Combodart)
- Finasteride (Proscar)
- Dutasteride (Avodart)
- Indoramin (Doralese)
- Prazosin (Hypovase)
- Terazosin (Hytrin)

If you are currently taking any medications not listed above, you should take them as normal unless otherwise directed by your doctor.

Urine Infection:

If you are prone to urinary infections and/or are having any symptoms in the week leading up to your test, then please take a urine sample to your GP and inform us as we may need to re-arrange your appointment.

Clothes:

- Please wear loose and comfortable clothing
- Please **do not wear a dress** because there needs to be room for the wires to reach the portable recorder

- You may want to bring a jumper or long shirt to cover the portable recorder
- Please wear full briefs, not thongs or strings
- You are advised to bring a spare change of clothes for your lower half in case they are needed

Please arrive well hydrated having had a drink in the morning before you come.

Please bring drinks with you for during the test.

If you are able, please arrive with a comfortably full bladder for your appointment. If you are unable to avoid emptying your bladder, then please do not worry.

Please try to move your bowels before the test.

HOW ARE AMBULATORY URODYNAMIC STUDIES PERFORMED?

- The test is usually performed by a Clinical Scientist with the help of a Healthcare Assistant
- We will talk to you about your bladder problems and explain the procedure
- You will be asked to undress from below the waist and be given a sheet to cover yourself with
- You will be asked to lie down on an examination couch
- After cleansing the genital area, a catheter (small tube) will be passed through your waterpipe (urethra) into the bladder that will measure pressure changes. If you have a suprapubic catheter or Mitrofanoff channel, we will pass the catheter through your tummy
- Another catheter will be placed into your back passage (anus) to measure pressure from your tummy. If you have a stoma, we may need to pass the catheter through your tummy. If this is the case, please bring spare colostomy bags
- We will ask you to wear a continence pad that is electronic and able to detect urine leaks
- The catheters are connected to a portable recording system which you will wear around your waist and allows us to measure the pressure in your bladder
- After getting dressed, you will be allowed to walk around the hospital and eat and drink as normal. We will ask you to return to the department when you need to use the toilet or after one hour
 - You may be asked to do some gentle exercises that provoke your symptoms. You will be asked to drink enough fluid to ensure you go to the toilet at least twice during the study
 - You will be asked to complete an event diary during the test. You will be asked to write down when you experience symptoms (such as urgency or leakage) and the amount and type of fluid you have consumed
 - Once we have sufficient data, the catheters will be removed, and you will be able to leave

WILL THERE BE ANY AFTER-EFFECTS?

Some people may suffer with mild discomfort or some blood when passing urine afterwards. Please drink plenty of clear fluids (up to 2 litres per day) for 24-48 hours after the procedure.

There is a 2-10% chance of getting urinary tract infection (UTI) following the test. If you experience any symptoms of a UTI in the days following the test that persist, please contact your GP.

There is a risk of failure to find a cause of your symptoms. This may mean your symptoms require further testing or a repeat of the investigation.

If you require any further information or clarification, including clarification of terminology, please do not hesitate to talk to one of the doctors or nurses, who will be happy to discuss your concerns with you.

CONTACT DETAILS

Warrell Unit:



(0161) 701 4455 (Choose option 3 “Urogynaecology”) – 08:30-16:00 – For appointment queries

Clinical Scientists:



(0161) 276 6289 – For any other queries.

Please use the above number for appointment queries



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