



Saint Mary's Managed Clinical Service
Division of Gynaecology

PATIENT INFORMATION LEAFLET

VIDEO URODYNAMIC STUDIES

WHAT ARE VIDEO URODYNAMIC STUDIES?

Video urodynamics is the name given to a number of tests designed to show how your bladder functions. It is designed to measure your bladder's ability to store and pass urine. We will also use x-ray screening to record video images of the bladder's response to storing and passing urine.

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 takes approximately 45 minutes and will not affect your ability to drive home afterwards.

WHY ARE VIDEO URODYNAMICS PERFORMED?

Urinary problems, especially incontinence, may affect any age. Problems such as these usually increase with age, 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

The tests may also be carried out prior to surgery to rule out any abnormal bladder behaviour or to re-assess symptoms after a treatment or surgery. The x-ray images allow the doctor to visualise the bladder.

Results from urodynamic tests 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 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)
- Vibegron (Gemtesa)
- Duloxetine (Yentreve)
- Tolterodine (Detrusitol)
- Trospium (Regurin)
- Oxybutynin (Kentera/Lyrinel)
- Fesoterodine (Toviaz)
- Propiverine (Detrunorm)

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

Pregnancy: You should inform us if there is any possibility that you are pregnant as we would be unable to perform the test if you were. We may also perform a pregnancy test.

Urine Infection: We will test your urine for signs of infection before we carry out the test. If there are any signs of infection in your urine, we will not be able to perform the test.

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.

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.

HOW ARE VIDEO URODYNAMIC STUDIES PERFORMED?

- The test is usually performed by a combination of Clinical Scientist, Radiographer and Consultant Urogynaecologist
- We will talk to you about your bladder problems and explain the procedure
- You will be offered a hospital gown, asked to undress from below the waist
- You will be left in private and 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 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 to fill your bladder with a special fluid that is visible on x-ray and 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 the vagina or back passage to measure pressure from your tummy

- The catheters are connected to a computer system which allows us to measure the pressure in your bladder
- We will slowly fill your bladder. You may be laid down, sat, or standing for this
- As your bladder is filled you will be asked to tell us when you feel the need to pass urine and when you feel you are unable to hold on any longer
- You may be asked to do some gentle exercises while we check for leakage of urine. Please do not feel embarrassed if any urine escapes, this is common during the test
- Throughout the test you may be asked to adjust your position slightly so the Radiographer can capture x-ray images of your bladder
- Before the catheters are removed you will be left in private to pass urine into the special toilet again whilst some more x-rays are taken
- The catheters will then be removed, and you will be able to redress

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 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.

Video urodynamics is considered a low dose examination, and the amount of radiation is kept to a minimum. This is equivalent to the amount of background radiation that you naturally receive over 3 to 5 weeks. The radiographer is responsible for making sure that your dose is kept as low as possible and that the benefits of having the x-ray outweigh the risks.

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

CONTACT DETAILS



0161 701 4455 – For appointments (Choose option 3 “Urogynaecology”)

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