



**PATIENT INFORMATION LEAFLET**

# **URODYNAMIC STUDIES**

## **WHAT ARE URODYNAMICS STUDIES?**

Urodynamics is the name given to several tests designed to show how your bladder functions. The main test is called cystometry, which measures your bladder's ability to store and pass 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 25 minutes and will not affect your ability to drive home afterwards.

## **WHY ARE URODYNAMICS PERFORMED?**

Urinary problems, especially incontinence, may affect women of 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.

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

## **HOW DO I PREPARE FOR MY APPOINTMENT?**

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

- Darifenacin (Emselex)
- Solifenacin (Vesicare)
- Mirabegron (Betmiga)
- Vibergron (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.

**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.**

**We will test your urine for signs of infection before we carry out the test. If you have a urine infection, 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.**

## HOW ARE URODYNAMIC STUDIES PERFORMED?

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

You will be offered a hospital gown and asked to undress from below the waist.

You will be left in private and asked to pass urine into a special toilet.

You will be asked to lie down on an examination couch.

After cleansing the genital area, a catheter will be passed into the bladder to measure the pressure in your bladder. Your bladder will be filled with sterile saline (a mixture of water and salt). Another catheter is placed into the back passage or the vagina to measure pressure from your abdomen.

The catheters are connected to a special machine which allows the clinician to look at your bladder activity.

As your bladder is filled with sterile saline you will be asked to tell the clinician 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 the clinician checks for leakage of urine. Please do not feel embarrassed if any urine escapes, this is common during the test.

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 mild 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

## CONTACT DETAILS



### **Warrell Unit:**

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



Uro.gynaecology@mft.nhs.uk



(0161) 276 6289 – Clinical Scientists – for queries regarding the test