

## Gynaecology Department Patient Information



The Information Standard

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# Information

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## Information about your Urodynamics Test

This information booklet has been given to you to help answer some of the questions you may have about having an urodynamic test. The booklet explains what the test is, how to prepare for it and what to expect afterwards. If you have any questions or concerns, please do not hesitate to speak to your doctor or nurse caring for you.

### What is an urodynamic test?

Urodynamics is the study of how the bladder works. It helps us to understand your bladder problems by looking at what happens when your bladder fills or empties. A specially trained doctor and nurse will carry out the study.

There are several parts to the test, which are described in more detail on the next page.

### Why do I need to have urodynamics?

You have been asked to come for an urodynamics test for one of the following reasons:

- If you have a mixture of urinary symptoms
- Where an operation may be considered and the doctor wants to make sure it's necessary and will be helpful
- If treatment you already had, such as any urinary incontinence problems which has not helped, or your symptoms have changed

The results of the urodynamics test will form part of a total assessment of your bladder problems and will enable your doctor to determine the best form of treatment for you.

### What are the benefits of having the test?

Symptoms for different urinary conditions can be quite similar, so we need to do the test to make sure that we diagnose and treat your bladder problem correctly.

## Are there any alternatives?

There is no other way for your doctor to get the level of information he/she requires.

## What do I need to do before my appointment?

This booklet contains a chart for you to fill in five days before your appointment. Please use this chart to record how much and the type of fluids you drink, how often you pass urine and how much you pass, day and night. Please use a measuring jug in millimetres or litres to accurately measure how much urine you pass.

**Please complete the enclosed chart for 5 days and bring it with you when you come for your appointment. This will help the doctor make a more detailed assessment of your problem.**

## How do I prepare for the test?

### Important:

If you taking any of the following medication for your bladder:

- Tropsium Chloride (Regurin)
- Tolterodine (Detrusitol)
- Oxybutynin
- Propiverine (Detrunorm)
- Solifenacin (Vesicare)
- Duloxetine (Yentreve)
- Amitriptyline
- Oxybutin patches (Kentera)
- Fesoterodine (Toviaz)
- Mirabegron

it is essential that this is discontinued 5 days prior to your appointment. Failure to do so will mean that we will be unable to accurately assess the urodynamics test results.

### Special precautions:

If you have any of the following conditions, you will need to have antibiotics before your urodynamics test:

- A heart valve replacement
- Endocarditis (inflammation of the heart)
- Rheumatic fever
- A heart condition which means you take antibiotics before other treatment, for example at the dentist

Please tell us if this applies to you when your appointment is made so that appropriate antibiotics can be arranged.

If you are having a menstrual period we can still carry out the test.

If you suffer from glaucoma the test can be done but you can't take bladder relaxing drugs.

**If you think that you are or could be pregnant, it is important that you tell the doctor or nurse at the beginning of the test.**

## **What happens on the day of the test?**

You will need to come with a full bladder at the start of the study, so try not to pass urine for about 2-3 hours before your appointment. We know this can be a problem, so don't worry if you cannot hold on.

The doctor will meet you and discuss your current urinary symptoms with you and explain the procedure of the urodynamics test. If you have any questions or worries this is a good time to talk to the doctor about them.

You will then be asked to change into a hospital gown as this will make it easier and more comfortable for you.

## **What does the Urodynamic test involve?**

You may eat and drink normally prior to the test. You will be asked to empty your bladder into a commode (flowmeter). This measures how much urine you pass and the flow of urine. You will be left alone in the room whilst you are doing this. This is why you need to come with a full bladder.

Your urine will then be tested to make sure there is no infection. If there is we are unable to perform the test today and the doctor will advise you on what to do.

If you suspect that you have an infection, please visit your G.P. and have your urine tested and, if necessary treated. We will rebook the appointment once the infection has cleared.

The next part of the test measures the way your bladder works as it fills up. You will be asked to lie down on the couch. One catheter (a fine tube) is passed into the bladder via the urethra (water-pipe). So the doctor can compare the pressure in your bladder with the pressure outside the bladder, a small pressure catheter is also inserted into your back passage.

Once the catheters are in the correct position you will return to the commode and you will be attached to a bag of fluid, of which runs into your bladder at a controlled rate. This slowly fills the bladder whilst recordings are printed onto the computer print-out. The doctor performing the test will ask you questions, for example how your bladder feels, when you feel the first sensation of wanting to pass urine and when it feels full.

Once your bladder is full, you will be asked to stand up and cough to test the bladder further. If you leak urine when you cough, try not to feel embarrassed. If you leak at home when you cough, it is best for us to see you leak during the test. It is important to remember that we need to see how your bladder behaves on a day-to-day basis to make sure that we are providing you with the correct treatment.

You will then be asked to empty your bladder into the commode again at the end of the test with the catheters still in place.

During the test every effort will be made to ensure a minimum of discomfort and a maximum of privacy. With your consent, a doctor who is training in urodynamic may be present.

## **How long does the test usually take?**

The test itself takes approximately 45 minutes, but you should allow one hour for the appointment.

## **Will I feel any pain?**

You may feel a stinging sensation as the catheters are inserted, but this only takes a few seconds. Once they are in place, you should not feel any discomfort, if you do please let the staff know.

## **What happens after the test?**

The catheters are removed and you will be asked to change back into your clothes.

The doctor will explain the result to you and then you can go home. If your consultant is Mr Siddig, a plan of care will be given to you.

If you were referred to Urodynamics by another Consultant, you will be given another appointment to see them for your future care.

You may prefer to have a rest after the test, but you will be able to continue with your normal activities of daily life straight away.

## **Are there any risks associated with an urodynamic test?**

After having an urodynamic test there is the small possibility that you may develop a urinary tract infection. You will be given antibiotics to prevent an infection. This is caused by the insertion of the catheters into your bladder during the test. To help prevent an infection after the test, you should:

- drink extra fluids for the next 48 hours. This will help to 'flush' the system through. Aim to drink about two and a half litres a day for 48 hours after the test (9-10 cups of fluid).
- cut down on your tea and coffee intake for 48 hours after the test. This will reduce bladder irritation until your bladder returns to normal. Drink water, herbal tea, fruit juice or squash.
- When you go to the toilet to pass urine, take a bit longer to make sure that your bladder is fully empty

## **What are the symptoms of a urinary infection?**

If you are developing a urine infection, you may:

- have a stronger urge to pass urine
- notice your urine smells, is cloudy or has blood in it
- want to pass urine more often
- notice that you get a burning or stinging sensation when you pass urine and feel that you are only passing small amounts of urine at a time
- get a lower backache or pain in the kidneys
- feel hot and develop a temperature

## **What to do if you suspect you have an infection:**

- Increase your fluid intake to about two and a half litres a day unless you have already done so
- Take painkillers such as paracetamol, to help with the stinging when you pass urine or any temperature you may have
- Contact your G.P. He/she will test your urine and send a sample to the laboratory for testing. If you have an infection you will be given antibiotics to treat it. Take the whole course of antibiotics prescribed to make sure that the infection has totally cleared up.

## **Who can I contact more information?**

If you have any questions about your urodynamics test please contact the Gynaecology Outpatient Sister on telephone number: 01305 254143.

**Please mark the box that best describes what happens to you**

<b>Date &amp; time</b>	<b>Type of fluid</b>	<b>Amount of fluid</b>	<b>Amount of urine passed (mls = millilitres)</b>	<b>Are you wet before getting to the toilet Y/N</b>	<b>Are you wet immediately after passing urine Y/N</b>	<b>Are you wet after coughing or sneezing Y/N</b>
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