NHS
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Having urodynamic studies

This leaflet is for women undergoing urodynamic studies. These tests help us make a diagnosis and recommend the most suitable treatment for you.

Is there anything I should do before the test?

If you are currently taking medication prescribed by your GP for your bladder symptoms, you should stop taking these two weeks prior to your test. These drugs can mask your bladder problems.

Please arrive with a comfortably full bladder; you will need to provide a urine specimen after which you can empty your bladder.

How is the bladder test carried out?

- You will be asked to undress from the waist down, put on a hospital gown and lie on the examination couch. The clinic nurse or doctor will carry out a vaginal examination. He/she will also insert some local anaesthetic gel into your urethra (passage from which you pass urine) to numb it and make the procedure as comfortable as possible for you. There will also be a chaperone present during the test.
- Two catheters (fine tubes) will be inserted – one into your bladder, and the other into your vagina.
- Your bladder will then be slowly filled with sterile saline (salt solution). At various intervals, you will be asked to cough. You will then pass urine into a special toilet in the room.
- You may find this embarrassing, but every effort is made to maintain your dignity.

Will I get the test results immediately?

Yes. The clinic nurse or doctor will discuss the results with you and will propose an individual treatment plan for you. Treatment options will include surgery and/or medication.

How soon can I start my treatment?

If surgery is the most appropriate treatment for you, your name will be added to the waiting list. If medication is recommended, we will inform your GP who will provide a prescription which you can collect from the surgery as soon as it is ready.

What are the risks associated with this test?

- There is always a risk of infection with any invasive procedure. All catheters and equipment are sterile and are single use only.
- However, when you pass urine, if you experience any burning sensation or notice that your urine is cloudy or smelly, please visit your GP.
- **<u>This risk may be minimised if you drink plenty of water in the 48 hours after the test.</u>**

Contact us

- If you have any concerns about your bladder test, please contact Sonning Ward on the following numbers and ask to speak to the uro-gynaecology nurse: **0118 322 7721** or **0118 322 7191** (Mon – Fri 9am-5pm)
- Clinical Admin Team (CAT 6) 0118 322 8964 or email rbbh.CAT6@nhs.net

Where can I get more information?

For medical information and support, visit https://patient.info/kidney-urinary-tract/urodynamic-tests.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

W Kuteesa, RBFT Consultant Uro-Gynaecologist, June 2017
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