

Having urodynamic studies

Introduction

This leaflet is for women undergoing urodynamic studies - these are investigations carried out to identify the cause of the bladder symptoms that you are currently experiencing. The tests assist us in diagnosing and treating your condition.

You may bring someone with you to the appointment.

Is there anything I should do before the test?

If you are currently taking medication prescribed by your GP for your bladder symptoms (anti-cholinergics), you must stop taking these two weeks prior to your test. These drugs will mask your bladder problems and will not give a true representation of your symptoms.

Please arrive with a full bladder as 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 in order to rule out prolapse (vaginal wall weakness). He/she will also insert some local anaesthetic gel into your urethra (passage from which urine leaves your body) to numb it and make the procedure as comfortable as possible for you. There will be a (clinical) chaperone present at the test in addition to the clinician carrying out your test.

Two catheters (fine tubes) will be inserted – one into your bladder via your urethra, and the other into either your vagina or rectum (back passage).

Your bladder will then be slowly filled with sterile saline (salt solution). At various intervals, you will be asked to cough and to let us know when your bladder feels full.

Following removal of the catheters, you will be asked to cough to assess how well your bladder valve works. You may find this embarrassing but every effort is made to maintain your dignity. The tests enable us to make a definitive diagnosis and recommend the most suitable treatment for you.

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 include surgery, medication or physiotherapy.

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. Should you need physiotherapy a referral will be made and you will receive your appointment in the post.

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. This risk may be minimised if you drink plenty of water in the 48 hours after the test.

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 Urogynaecology Nurse : 0118 322 7194 / 7191 (Mon – Fri 9am-5pm)

Clinical Admin Team (CAT 6) 0118 322 8964 CAT6@royalberkshire.nhs.uk

Where can I get more information?

Medical information and support www.patient.co.uk/health/Urodynamic-tests

About the Trust, visit our website at www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

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