

Urodynamic studies

Urology Department

Patient Information Leaflet

Introduction

This leaflet is for people who have been recommended to have a test called urodynamic studies. It gives information on what the test is, what it involves and what the risks are.

What are urodynamic studies?

It is a test that assesses how the bladder and urethra are performing their job of storing and releasing urine. The urethra is the exit tube from the bladder to outside.

What are the benefits?

Urodynamic tests help your doctor see how well your bladder and sphincter muscles work and can help explain symptoms such as: incontinence, frequent urination, sudden urgency, hesitancy (difficulty starting), incomplete emptying or recurrent urine infections. This information will help your doctor to decide the most appropriate treatment for you.

What are the risks?

Most procedures have some risks. You should be reassured that, although all these risks are well-recognised, the majority of people do not suffer any problems after a urological procedure. The risks of urodynamic studies are:

Common risks

- Discomfort on passing urine
- Bloodstained urine

Occasional risks

- Urine infection
- Inability to pass urine (retention of urine), requiring temporary insertion of a catheter
- Inability to pass the catheter into the bladder, requiring further investigation

Rare risks

- Failure to give a definite diagnosis, sometimes requiring the test to be repeated.

What are the alternatives to this procedure?

You can have treatment without the information that this test might produce or no treatment.

Where will the procedure be performed?

The procedure is usually carried out in the clinic at Corbett Outpatient Centre (details on appointment letter). Please bring something to read and a drink, if you wish, as you may be at the hospital for up to two hours. Please note there are charges for parking so please bring some change. The pay machine is located in the main reception area.

What happens before the procedure?

At your appointment, we will give you a full explanation of what to expect during your visit. You will have an opportunity to discuss any concerns and ask any questions you may have.

A nurse will ask you about any symptoms you may have and any past medical and surgery problems.

We will need to know if you take any tablets or medication regularly. It can be helpful to bring a list of medication with you.

What happens during the procedure?

If you think you may have a urine infection, it is important to let the nurse know.

In adults, the procedure is normally performed with the aid of a small amount of local anaesthetic gel passed into the urethra (water pipe). The test will be performed by a specialist nurse.

On arrival in the department, we will ask you to pass urine into a device called a flow rate machine (to measure the rate of urine flow) so, if you are able to pass urine, please ensure that you arrive with your bladder comfortably full, if possible.

You will need to lie on a couch. The nurse will insert two small tubes, one into the urethra and the other into the anus (back passage). After the tubes have been inserted, the nurse may empty your bladder, and the tubes connected, to the measuring apparatus.

During the test, the nurse will fill your bladder slowly with water at a measured rate. You will be asked to cough and strain at intervals and to tell us when you first feel the desire to pass urine. The nurse will then encourage you to hold on until your bladder feels quite full.

If one of your symptoms is leakage of urine, we will try to reproduce this so that we can see what the bladder is doing when the leakage occurs. Patients often find this embarrassing but it is a necessary part of the information needed to treat your symptoms. Be reassured that it is an important part of the test and that we will do all we can to be as supportive as possible during this process.

When the procedure has been completed, we will again ask you to pass urine into the flow rate machine. We will then remove the tubes and you will be able to dress and go home.

What happens after the procedure?

We will send you an appointment to discuss the results with your consultant. Sometimes the nurse performing the test will recommend treatment before you see your consultant.

When you go home, we would like you to drink plenty of fluids for the next 24 to 48 hours in order to flush your system through.

What should I look out for at home?

If you experience flu-like symptoms, shivering/shaking, any pain or burning when passing urine, or a high temperature, you should contact your GP as you may have an infection and need treatment with antibiotics.

If you are unable to pass urine after the test, you should contact your GP or the specialist nurses immediately.

Can I find out more?

You can find out more from the following weblink:

NHS Choices

<http://www.nhs.uk/Conditions/Incontinence-urinary/Pages/Diagnosis.aspx>

Contact information for urology clinical nurse specialists

If you have any questions, you would like more information, or if there is anything you do not understand about this leaflet, please contact:

Urology clinical nurse specialists on 01384 456111 ext. 2873 or
mobile 07787 512834 (8am to 4pm, Monday to Friday)

Ward C6 on 01384 244282

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/urology/>

If you have any feedback on this patient information leaflet, please email
dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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