

## Patient information factsheet

# Urodynamics test at the urology centre

This factsheet has been designed to give you information about having a urodynamics test. Please read it carefully and discuss any questions you may have with a member of the urodynamics team responsible for your care.

### What is a urodynamics test?

It's a test on the bladder to show what happens when the bladder fills and empties. It will provide information about the way your bladder functions, helping the healthcare professionals caring for you to offer you the appropriate treatment for your urinary problems.

### Before your test

Please complete the three-day bladder diary enclosed. This will give us a better understanding of how your bladder works. It's important that you complete this diary and bring it along to your urodynamics test appointment as we are unable to complete the test report without it.

**If you have handed in a three-day bladder diary within the last six weeks, you do not need to repeat this.**

### If you have a urinary tract infection (UTI)

We are unable to perform this test if you have a urinary tract infection (UTI). If you think you may have an infection, visit your GP before your appointment to have your urine tested. Please contact us and if necessary, we will alter your appointment date until after the infection is treated and cleared.

### Medication

#### If you are taking any of the following medications:

- Darifenacin (Emselex)
- Duloxetine (Yentreve)
- Oxybutynin (Kentera/Lyrinel)
- Soifenacin (Vesicare)
- Tolterodine (Detrusitol)
- Fesoterodine (Toviaz)
- Mirabego (Betmiga)
- Trospium (Regurin)
- Propiverine (Dentrinorm)

Please telephone the urodynamics department on **023 8120 8455** for advice as soon as you receive this letter. Do not stop taking any medicines unless advised to; as this may interfere with the test results.

If you are currently taking any medications **not listed in the box above**, you should take them as you normally would, unless otherwise directed by your doctor.

### On the day of your test

You must drink **1 pint/500ml** of water at least **one hour before** your appointment. If this will be difficult for you, then please arrive one hour before your appointment and we will provide water for you to drink. Do not drink any later than this as it may interfere with your test results. It may not be possible to perform the test if your bladder is not full.

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## What to expect at your appointment

When you arrive at Southampton General Hospital, check in at the **urology centre on G level, centre block**. The test will be performed by our urodynamic technician and specialist nurse. As we are a university hospital, you may be asked for your permission to allow a student to be present. If you do not wish to be seen by students, please let us know. This will not affect your care.

## During the test

At the start of the test, you will be asked to empty your bladder into a special toilet called a flow meter which will measure your urine flow rate and the amount of urine passed. The urine will then be tested for any sign of infection. If no infection is found, we will continue with the test.

A very narrow tube (catheter) will be inserted into your bladder to empty and fill it; this will also allow us to monitor the pressure within your bladder. A similar narrow tube will be inserted into your back passage (rectum) to monitor the pressure within your abdomen. With both lines in place, we can then compare the pressure inside and outside of your bladder and determine how well the bladder muscle works.

Your bladder will then be slowly filled with sterile water and you will be asked to report the sensations you feel as it becomes full. You may be asked to cough, bear down (push down to put pressure on your bladder) and stand during the test to check for any leakage of urine. Finally, you will be asked to empty your bladder once more into the special toilet and then the tubes will be removed. This test may be slightly uncomfortable but should not be painful.

## How long does the test last?

The test will last approximately one hour. We will be happy to answer any questions or discuss any concerns that you may have. An outpatient appointment will be made for you to discuss the results of the test with your medical team.

## After the test

After having a urodynamics test, there is a very small possibility that you may develop a urinary tract infection (UTI). It's important that you drink at least **two pints (one litre)** of water over the three hours following your test and drink extra fluids for the next 48 hours. This will help flush your system through and help avoid the possibility of a urine infection.

However, should you develop any burning, stinging or pain on passing urine following the test, please contact your GP and tell them that you have recently had a urodynamics test.

## Contact us

Please do not hesitate to contact the urology centre on **023 8120 8455** or the urology administration team on **023 8120 6003** if you have any concerns about your urodynamics test appointment. We're open Monday to Friday 8am to 6pm. An answer phone is available outside of these hours.

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