

## Patient information factsheet

# Urodynamics test

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 is 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 general practitioner (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. If you are found to have a UTI when you attend for your appointment, we will postpone your test.

### Medication

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

- Darifenacin (Emselex)
- Solifenacin (Vesicare)
- Fesoterodine (Toviaz)
- Trospium (Regurin)
- Duloxetine (Yentreve) (for bladder)
- Oxybutynin (Kentera/lyrinel)
- Tolterodine (Detrusitol)
- Mirabegron (Betmiga)
- Propiverine (Detrunorm)

Please telephone the Princess Anne Hospital appointment team on **023 8120 8967** 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. Depending on why you are having the test, we may need to stop your bladder medications for two weeks before the test. You can restart them afterwards.

If you are currently taking any medication **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/500mls 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 for us to perform the test if your bladder is not full.

## What to expect at your appointment

When you arrive at Princess Anne Hospital, check in at the urodynamics department on **G level** using the self-check-in screen. Do not empty your bladder before the test.

The test will be performed by a specialist nurse and a doctor may be present. As we are a university hospital, we may ask 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, we will ask you to empty your bladder into a special toilet called a flow meter which will measure your urine flow rate and the amount of urine you pass. We will then test your urine for any sign of infection. If no infection is found, we will continue with the test.

We will insert a very narrow tube (catheter) into your bladder to empty and fill it. This will also allow us to monitor the pressure within your bladder. We will then insert a similar narrow tube into your back passage (rectum) to monitor the pressure within your abdomen.

When both tubes are in place, we will compare the pressure inside and outside of your bladder and determine how well your bladder muscle works.

We will then slowly fill your bladder with saline (salt water) and ask you to report the sensations you feel as it becomes full. We may ask you 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, we will ask you to empty your bladder once more into the special toilet and then we will remove the tubes. This test may be slightly uncomfortable but it should not be painful.

## How long does the test last?

The test will last up to 45 minutes.

We will be happy to answer any questions or discuss any concerns that you may have. We will arrange a follow-up appointment for you depending on the results of your test.

## 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 therefore 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.

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

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## Contact us

Please do not hesitate to contact the Princess Anne Hospital appointments team on **023 8120 8967** if you have any concerns about your urodynamics test appointment. We are open Monday to Friday, 8am to 5pm. An answer phone is available outside of these hours.

Appointments are always in great demand. Please phone us to cancel or reschedule rather than not turning up for your appointment.

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **[www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)**