

## URODYNAMIC EXAMINATION

### Introduction

Urinary symptoms consist of voiding or storage problems: we may experience difficulties in emptying our bladder or we wet ourselves. Occasionally these apparently opposite problems can coexist. The function of our lower urinary tract is complex and many factors can influence our ability to control our bladder.



### What is a urodynamic test?

A simple, yet invasive test to accurately assess the function of the lower urinary tract is a (video-)urodynamic examination – also known as bladder-pressure study. It complements other urological investigations such as ultrasound or endoscopy. The test involves measurement of the bladder pressure through tiny tubes.

### How to prepare for the test?

You should discontinue any drugs you take for your bladder or prostate about one week before the test (e.g. Tamsulosin, Oxybutinin, Vesicare, Detrusitol etc.). It is not necessary to fast for the test. It would be helpful, but not essential if you attend with a comfortably full bladder.

You should have received a “voiding diary”: it would be extremely helpful if you could record your fluid intake and your voiding habits over a period of three consecutive days on this chart. Please bring the completed diary with you when you attend for the test.

The examination should not be carried out when you have a bladder infection.

### What happens during the procedure?

When you attend for your study, you will first be asked to empty your bladder into a machine that records your urinary flow (flowmeter). Then you will be positioned comfortably on a couch and with the aid of a small amount

of local anaesthetic jelly we will gently pass a very small tube through your water passage (urethra) into your bladder. A second tiny plastic tube will be inserted carefully into either your backpassage or vagina. The tubes will be connected to the measuring equipment and a computer.

During the test we will slowly fill your bladder with water mixed with a contrast dye. You will be asked to cough and strain at intervals and to tell us when you first feel a desire to pass urine. We will encourage you to hold on until your bladder feels 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. Once your bladder is full, we will ask you to get up and empty your bladder again. We may take a few X-ray pictures before, during and after your void.

### After the test?

You may find this test slightly embarrassing. However, remember that it provides us with very valuable information that is needed to treat your symptoms successfully. Be assured that we will do whatever we can to preserve your dignity and privacy. The entire test is painless and only takes about 20-30min.

Once completed, we will explain the test results and discuss possible consequences for your further treatment. You will be able to leave the hospital immediately.

We do not routinely administer or prescribe antibiotics, but we advise you to drink plenty of fluids for the next 24 hours.

### Are there any risks involved?

You should be assured that most patients do not suffer any problems after the procedure.

*Discomfort when passing urine* – You may notice a mild burning sensation when you pass urine during the first hours after the test. Drinking extra fluids should help reduce this.

*Infection* – If you develop urinary frequency and discomfort on passing urine that lasts for more than 24 hours or if you feel feverish and/or generally unwell, you may have an infection requiring antibiotics.

If you experience any problems following the procedure, please contact either your GP or get in touch with our department on 01978 72 7753.