

Department Of Urology

Urodynamic Studies

What is Urodynamics?

Urodynamics is an investigation used to evaluate the function of the bladder. A week before the test you may be asked to come in to out patients to have your urine tested for infection. (This appointment for the only takes a few minutes)

Why do I need Urodynamics?

Your Consultant needs to establish the exact nature of your bladder problem, so that appropriate treatment can be given.

Who will be doing the test?

You will meet a Specialist Nurse in the Urodynamic Clinic. She will explain the test to you and will also perform the test. There may also be a Doctor present.

What do I need to do before the test can go ahead?

- Stop taking any medication you are taking for the bladder one week before the test (Detrusitol, Tolterodine, Terodiline, Detrunorm, Oxybutinin, Ditropan, Vesicare, Regurin, Lyrinel, Kentera patches, Trospium Chloride, Fesoteridine and Toviaz) Solifenacin, Betmiga, Mirabegron)

Do not stop taking any other medication

The enclosed chart should be completed before the test. This will give us valuable information we need in order to assess your bladder problems. If you should loose the chart please measure the amount of urine you pass. Write this on a piece of paper with



Patient Information

the times for three days.

Do I have to be admitted to the hospital for the test?

No. The test takes approximately one hour to complete and you may go home afterwards.

What happens during the test?

- To begin with you will be asked to pass urine into a computerised toilet. The nurse will ask you some questions about the symptoms you have been experiencing.
- A fine tube called a catheter will be passed into your urethra (water pipe). This tube has 2 functions, to fill your bladder to enable us to reproduce the symptoms you have at home and to measure the pressure generated by the bladder. Also a small tube will be inserted into the rectum (back passage). The function of this is to measure the pressure in the abdomen (stomach).

During the test we will ask you various questions such as:

- When you have the first feeling of wanting to pass urine.
- When you have a normal feeling of wanting to pass urine.
- When you have a strong feeling of wanting to pass urine.
- You will also be asked to cough during the test.

You will then be asked to pass urine into the computerized toilet in private. The tubes will then be removed and disposed of. This only takes a few seconds and then the test is finished. You will then be asked to get dressed in the changing area. We will ensure maximum privacy whilst you are with us.

Further advice

- An Outpatient appointment will usually be arranged for you to see your consultant urologist with the Urodynamics report.
- We advise you to drink extra fluids, especially on the day of the test as there is an increased risk of developing a urine tract infection (water infection) following Urodynamics.
- Before the test your urine will be tested for signs of infection. If there is an infection you will be given a prescription for antibiotic treatment and the Urodynamics test will be rebooked.

Patient Information

- Female patients who are menstruating will not be able to have the test. Please inform us and we will rebook you for another date.
- If you cannot attend the test for any reason please contact **Susan Ferguson** who will arrange an alternative date for you. We would appreciate knowing that you cannot make it so we can offer the date to another patient. (Contact telephone number is at the end of this leaflet).
- If you do not attend and have not informed us, you **will not** be sent another appointment.

Further Information

Sarah Roth – Clinical Nurse Specialist for Continence and Urology 024 7696 5149

Susan Ferguson – Urology Assistant Practitioner 024 7696 5149

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5296 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

Department:	Urology
Contact:	25149
Updated:	February 2020
Review:	February 2022
Version:	7.1
Reference:	HIC/LFT/259/06

Frequency volume chart

Please complete this chart (on the following page) for **three consecutive days before** attending for your Urodynamics Studies test at University Hospital Coventry and Warwickshire.

It is essential that we have this information as it forms an important part of the test.

Use a jug to measure the amount of urine that you pass and enter the amount in the box marked **urine** at the appropriate time. If you are unable to measure the volume (e.g. if you are at work) then put a tick in the box instead.

In the box marked **fluid** please mark when you have had a drink. In the box marked **wet** please tick if you have leaked urine.

Please note – the amounts should be in millilitres (mls) for example 200mls. This measurement is usually found on the side of a measuring jug.

Here is an example:

Time	Day 1			Day 2			Day 3		
Volume	Fluid	Urine	Wet	Fluid	Urine	Wet	Fluid	Urine	Wet
7am	350 mls						100 mls		
8am				300 mls					
9am	220 mls						125 mls		

Patient Information

Name	Date
-------------	-------------

Time	Day 1			Day 2			Day 3		
	Fluid	Urine	Wet	Fluid	Urine	Wet	Fluid	Urine	Wet
6 am									
7 am									
8 am									
9 am									
10 am									
11 am									
12 noon									
1 pm									
2 pm									
3 pm									
4 pm									
5 pm									
6 pm									
7 pm									
8 pm									
9 pm									
10 pm									
11 pm									
12 midnight									
1 am									
2 am									
3 am									
4 am									
5 am									

Please remember to bring this sheet with you when you come for your appointment.