

Urology

Urodynamic studies

What is Urodynamics?

Urodynamics is a medical investigation used to assess the function of your bladder. It helps to measure how well the bladder is storing and releasing urine. A week before the test, you may be asked to come to the outpatient clinic to have your urine tested for infection. This appointment only takes a few minutes.

Why do you need Urodynamics?

Your consultant needs to find the exact nature of your bladder problem to make sure you receive the right treatment for your condition.

Who will be doing the test?

The test will be carried out by a specialist nurse in the Urodynamic Clinic, who will explain the procedure to you and will do the test. There may also be a doctor present during the test to help or observe.

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

- **Medicines:** Stop taking any medicines you are taking for the bladder 1 week before the test. This includes Detrusitol, Tolterodine, Terodiline, Detrunorm, Oxybutynin, Ditropan, Vesicare, Regurin, Lyrinel, Kentera patches, Trospium Chloride, Fesoterodine, Toviaz, Solifenacin, Betmiga and Mirabegron. Do **not** stop taking any other medications unless advised by your healthcare provider.



Patient Information

- **Bladder chart:** Please complete the enclosed bladder chart before the test. This will give us valuable information we need in order to assess your bladder problems. If you lose the chart, you can still measure the amount of urine you pass and write it on a piece of paper, noting the times, for 3 days.

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

No, you do not need to be admitted to the hospital for the test. The procedure takes around 1 hour to complete and you can go home afterwards.

What happens during the test?

To start, you will be asked to pass urine into a computerised toilet. The nurse will then ask you some questions about the symptoms you have been experiencing.

A fine tube called a catheter will be gently inserted into your urethra (the tube that carries pee (urine) out of the body). This catheter has 2 functions:

- It allows us to fill your bladder to reproduce the symptoms you have at home
- It measures the pressure generated by the bladder.

Also, a small tube will be inserted into the rectum (back passage) to measure the pressure in the abdomen (tummy).

During the test

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.

Patient Information

After this, you will be given privacy to pass urine into the computerized toilet. Once completed, the tubes will be removed and disposed of, which only takes a few seconds. Afterward, you can change back into your clothes in the changing area. We will make sure maximum privacy while 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 urinary tract infection (UTI) after 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.
- Patients who are menstruating will not be able to have the test. Please inform us and we will rebook the test another date.
- If you cannot attend the test for any reason, please contact **Susan Ferguson** to arrange an alternative date. Letting us know in advance will allow us to offer the slot to another patient. The contact telephone number is provided at the end of this leaflet.
- If you do not attend your test and do not inform us, you **will not** be sent another appointment.

Further Information

For any questions or concerns, please contact:

Sarah Roth – Clinical Nurse Specialist for Continence and Urology

Tel: 024 7696 5149

Susan Ferguson – Urology Assistant Practitioner

Tel: 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.

Patient Information

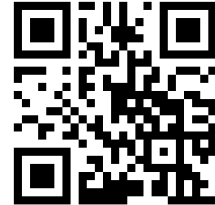
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Document History

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Patient Information

Frequency volume chart

Please complete this chart (on the following page) for **3 consecutive days before** attending your Urodynamics Studies test at University Hospital Coventry and Warwickshire.

It is important 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 (for example, if you are at work), simply put a tick in the box instead.
- In the box marked **fluid**, please mark whenever you have had a drink.
- In the box marked **wet**, place a tick if you have leaked urine.

Please note that the amounts should be recorded in millilitres (mls), such as 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 midday									
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.