

Obstetrics and Gynaecology

Urodynamic investigations

What is Urodynamics?

Urodynamics is an investigation used to find out how well the bladder is working.

Why do I need Urodynamics?

This test investigates bladder function, and tells your consultant whether you are suffering from weak pelvic floor muscles or an overactive bladder.

As the treatments for the two conditions are quite different, it is important to make this diagnosis, especially if a surgical procedure is being planned.

Where will this investigation take place?

The Gynaecology Out-patients Clinic is situated on the first floor near to the Women's and Children's entrance. There is a room in a suite that is used specifically for urodynamics.

Who will be doing this procedure?

A specialist nurse/ Consultant will perform this procedure. There may be a medical student present as understanding this investigation is an element of their training. Please let the nurse know on the day if you prefer not to have a medical student present.

Do I have to bring anything with me?

You should bring your **three day bladder diary**, which you will have been given when your appointment was made. This will give us valuable information.

It may be important to stop taking any of the following medications **two weeks** before this investigation. Your hospital doctor will have asked you to do so unless they actually want you to stay on them for the test. If in doubt, and you are not sure what to do please ring us on the number given at the end of this leaflet. The drugs would include:

- **Oxybutinin, Detronorm**
- **Detrusitol, Tolterodine**
- **Toviaz, Fesoterodine**
- **Regurin, Trospium**
- **Vesicare, Solifenacin**
- **Kentera patches**
- **Betmiga, Mirabegron**



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These are tablets the doctors may have started you on for bladder problems. They **do not** include heart, blood pressure or water tablets which you **must continue** to take.

Please bring with you a urine sample from that same day – discard the first little bit of urine and collect the mid-stream urine. Remember to keep your bladder full for the start of the test please.

How is the test done?

- You will be asked to attend for this investigation with a **comfortably full bladder**. On arrival you will be asked to empty your bladder into a computerised toilet. The nurse will leave the room whenever you need to pass urine.
- Your urine will be checked before the test begins. If the nurse finds blood or any indication of an infection the test will be abandoned until a sample has been examined in the laboratory. For this reason it is not advisable to perform this test if you are having your monthly period.
- Two small tubes will be passed into the bladder and a small empty balloon into your back passage.
- Your bladder is then filled with saline and during this time you will be asked to let us know when you feel the sensation of wanting to pass urine, and minute or two you will be asked to cough.
- When you feel your bladder is full you will be asked to stand up and cough (it is quite possible that you may have some leakage of urine when coughing, please do not feel embarrassed, it is quite normal and we are used to this happening).
- The tubes will be removed when you need to empty your bladder into the computerised toilet again.
- Pressurised recordings from your bladder are made during this test and the nurse will explain and show you on the screen what she sees as the test is being performed.
- The tube into the back passage is a small balloon and is necessary to measure the pressures outside the bladder as well as those inside the bladder.

Is the test painful?

You may feel uncomfortable as the tubes are inserted but it should not be painful.

How long does the test take?

This investigation takes an hour, including time for the nurse/ Consultant to ask you some questions about the sensations you feel as the bladder is filling up.

Are there any side effects?

After the test you may experience some burning when you pass urine, which may last for 24 hours; during this time it is important that you drink extra water. If the burning

Patient Information

sensation continues, please see your GP as you may have a mild urine infection and may need some antibiotics.

You will be able to continue your normal daily activities following the investigation.

If you need to discuss this test further please do not hesitate to phone Kirsty Cottrell (Clinical Specialist Nurse) on 024 7696 7343.

When will the results be available?

There is a computer screen that you and the nurse can see as the investigation is being performed. The nurse can explain what is happening and will discuss the findings with you at the end of the investigation.

A written report will be sent to the consultant and can be discussed when you have your next appointment.

If you do not attend and have not informed us, you will not be sent another appointment.

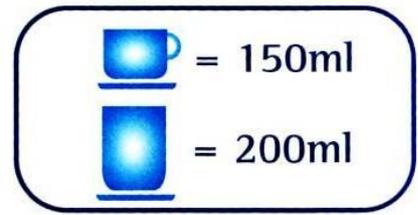
The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7350 and we will do our best to meet your needs.

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Patient Information



Name

Date

	Day 1			Day 2			Day 3		
	In	Out	Wet	In	Out	Wet	In	Out	Wet
7 am									
8 am									
9 am									
10 am									
11 am									
12 pm									
1 pm									
2 pm									
3 pm									
4 pm									
5 pm									
6 pm									
7 pm									
8 pm									
9 pm									
10 pm									
11 pm									
Midnight									
1 am									
2 am									
3 am									
4 am									
5 am									
6 am									

Measure and record the volume of drinks in the “in” column
 Measure and record the volume of urine passed in the “out”
 column. Put a X in the “wet” column each time you leak urine

Initial number

ICIQ-UI Short Form

CONFIDENTIAL

DAY MONTH YEAR

Today's date

Many people leak urine some of the time. We are trying to find out how many people leak urine, and how much this bothers them. We would be grateful if you could answer the following questions, thinking about how you have been, on average, over the PAST FOUR WEEKS.

1 Please write in your date of birth:

DAY MONTH YEAR

2 Are you (tick one):

Female Male

3 How often do you leak urine? (Tick one box)

- never 0
- about once a week or less often 1
- two or three times a week 2
- about once a day 3
- several times a day 4
- all the time 5

4 We would like to know how much urine you think leaks.

How much urine do you usually leak (whether you wear protection or not)?
(Tick one box)

- none 0
- a small amount 2
- a moderate amount 4
- a large amount 6

5 Overall, how much does leaking urine interfere with your everyday life?

Please ring a number between 0 (not at all) and 10 (a great deal)

- 0 1 2 3 4 5 6 7 8 9 10
not at all a great deal

ICIQ score: sum scores 3+4+5

6 When does urine leak? (Please tick all that apply to you)

- never – urine does not leak
- leaks before you can get to the toilet
- leaks when you cough or sneeze
- leaks when you are asleep
- leaks when you are physically active/exercising
- leaks when you have finished urinating and are dressed
- leaks for no obvious reason
- leaks all the time

Thank you very much for answering these questions.