

Obstetrics and Gynaecology

Gynaecology - Urodynamic studies

What is urodynamics?

Urodynamics is an investigation used to determine how well your bladder works.

Why do I need urodynamics?

This test investigates bladder function and the exact nature of your bladder problem. It can tell your consultant if you are suffering from weak pelvic floor muscles or an overactive bladder.

As the treatments for the two conditions are different, it's important to make this diagnosis.

Where will this investigation take place?

The Gynaecology Outpatients Clinic is on the first floor near the Women's and Children's entrance. There is a room and suite that is used specifically for urodynamics.

Who will be doing this procedure?

A consultant or specialist nurse will perform this procedure. There may be a medical student present - 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 **completed three-day bladder diary**. You will have been given this when your appointment was made. The bladder diary will give us valuable information to help us fully understand your bladder problem.

It is important to stop taking medications for your bladder problem **two weeks** before this investigation. This is unless your hospital doctor specifically asks you to stay on them for the test. If in doubt, please call us on 024 7696 7350.

The drugs we usually ask you to stop would include:

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

Please **do not** stop taking any other regular medication you may take.

Please bring a urine sample from the same day as your appointment with you. 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.

How the test is done

We ask you to attend this investigation with a **comfortably full bladder**. When you arrive, 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 is checked before the test begins. If the nurse finds blood or an 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 period.

Patient Information

A small, fine tube is passed into your urethra (water pipe). This allows us to fill up your bladder and measure the pressure within. A second fine tube is inserted into your vagina or your back passage. This measures the pressure outside of the bladder in your abdomen.

Your bladder is then filled with saline. During this time, we will ask you to let us know when you feel the sensation of wanting to pass urine. Every minute or two, we will ask you to cough.

When you feel your bladder is full, we will ask you to stand up and cough. It's possible that you may have some leakage of urine when coughing, please do not feel embarrassed, we are used to this happening). You will then be able to empty your bladder on the computerised toilet again. After this, the tubes are removed.

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?

The appointment length is about 1 hour and includes time for the doctor or nurse to talk to you before and after the test. The investigation itself takes about 20 minutes.

Are there any side effects?

After the test, you may experience some burning or irritation when you pass urine. This may last for 24 hours. During this time, it's important that you drink extra water.

If the burning sensation continues after this time, please see your GP. You may have a mild urine infection and may need some antibiotics.

You will be able to continue your usual daily activities after the investigation.

Patient Information

If you need to discuss this test further, please contact Kirsty Cottrell or Sharon Hegarty, Clinical Nurse Specialists, on 024 7696 7350.

When will the results be available?

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

A written report is sent to the consultant. This 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.

The Trust operates a smoke-free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback



Document History

Department:	Gynaecology
Contact:	27350
Updated:	August 2023
Review:	August 2025
Version:	8
Reference:	HIC/LFT/1057/10

Patient Information



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