

Urodynamic investigations

Information for patients from Urology and Urogynaecology

You have been asked to come to hospital for bladder function tests that are called **urodynamics**. Urodynamic investigations help to make a diagnosis so that the medical team can treat your bladder problem effectively.

What causes bladder dysfunction? and, how is it treated?

The most common causes of bladder dysfunction are urodynamic stress incontinence (USI), overactive bladder, and bladder outflow obstruction (BOO).

- **Urodynamic stress incontinence (USI)** is best treated with physiotherapy or surgery.
- **Overactive bladder** symptoms are treated most effectively with bladder retraining and/or medication (and then botox if medication and retraining fail).
- **Bladder outflow obstruction (BOO)** can be treated with medication or surgery, depending on how bad your symptoms are. Therefore it is important for your treatment to find out which problem you have.

What urodynamic investigations will I have?

When you attend for your appointment you will need a flow test. This includes a simple test such as measuring your flow rate (the speed at which you pass urine) and measuring the capacity of your bladder and whether you leave any urine behind once you have passed urine. The second part involves passing a very small sensor into your bladder and your rectum (and/or vagina for female patients, if necessary for your procedure) to measure the pressures within.

Urodynamic tests aim to recreate your bladder symptoms. We will measure the pressures while we fill your bladder with fluid, while you are full and have the urge to empty, and also while you are emptying your bladder (this is done in private).

If you are having video urodynamics (VUDs) then x-ray images will be taken during your investigation.



Will the investigations hurt?

A local anaesthetic gel will be used, so while the procedure can sometimes be uncomfortable or embarrassing it is not painful. We would urge you to attend your appointment, as the results will help the medical team to make an accurate diagnosis.

What should I do before I come to the hospital?

If you are taking any of the medication listed below, please **discontinue** their use (stop taking them) **seven days** before attending for your urodynamic appointment.

- Flavoxate (Urispas)
- Imipramine (Tofranil)
- Oxybutynin (Cystrin, Ditropan, Ditropan XL)
- Propantheline (Pro-Banthine)
- Propiverine (Detrunorm)
- Solifenacin Succinate (Vesicare)
- Tolterodine (Detrusitol, Detrusitol SR)
- Trospium Chloride (Regurin)
- Toviaz 8mg
- Betmiga 25mg and 50mg.

You may **continue** to take the following “bladder” medications as these will not affect your test.

- Alfuzosin (Xatral)
- Doxazosin (Cardura)
- Dutasteride (Avodart)
- Finasteride (Proscar)
- Tamsulosin (Flomaxtra).

We will not be able to perform urodynamic investigations if you have a urinary tract infection or cystitis. We will therefore need you to bring to your appointment a **urine sample** in a clean container.

We also need you to attend with a **comfortable full bladder** if possible, so that a flow test can be performed.

How long will my appointment take?

The tests will take approximately 30 minutes to complete, but you should prepare to be in the department for up to one hour. The exact nature of the test will be explained to you when you attend for your appointment. Please use this time to ask any questions.

What will happen when I arrive at the hospital?

The nurse will test your urine and you may be asked to change into a hospital gown. If we find infection in your urine on the day of your test your investigation will need to be cancelled and rebooked.

When do I get the results of my tests?

You should be told the findings of your investigations on the day and you may go home knowing what the next step is (for example what medication may help or whether surgery should be considered). However, you may need to see your consultant again to discuss the way forward and a suitable appointment will be sent to you; if this is necessary it will be discussed with you before you leave hospital.

How will I feel after my procedures?

You may notice a stinging or burning sensation with some discomfort when you try to urinate, and you may even see some blood. Please make sure that you drink plenty of fluids for 24 hours after your procedure. If symptoms continue for more than 48 hours, please contact your own GP for advice, taking a urine sample with you.

For females and those of childbearing age undergoing urodynamics

If you have had any of the following we will be able to continue with your treatment as planned.

- A hysterectomy
- Surgical sterilisation
- A Mirena coil fitted for more than two months
- A Depo-Provera contraception injection which is not overdue for replacement; or
- Have gone through the menopause (had no periods for one year) or are going through the menopause and are certain you could not be pregnant.

However, if you are having a heavy period we may not be able to do the test, and it may need to be rescheduled for another date.

Further information

If you are unsure as to which medication you should stop taking or need further information about urodynamic investigations, please contact one of the departments listed below.

- Urology Co-ordinator (**for urology patients**)
Telephone: 01227 86 43 83
- Waiting List Co-ordinator (**for urogynaecology patients**)
Telephone: 01233 61 60 95 (Tuesday, Thursday, and Friday)

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If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation