

Having urodynamic tests to check the function of your bladder (urogynaecology or gynaecology)

Department of Urogynaecology

Information for Patients

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Introduction

You have been asked to have a urodynamic test to find out how your bladder works and why you leak pee (urine).

Why is the test done?

Urinary problems, especially incontinence, may affect women of any age. Problems such as these usually increase with age, pregnancy, childbirth and the start of menopause.

Your symptoms may include:

- Leaking pee (urine) while coughing, sneezing, laughing or exercising
- Sudden and/or frequent need to pee
- Getting up at night often to pee
- Problems emptying your bladder
- Getting bladder infections often

Results from this test helps your doctor to advise you the best treatment for your problems.

How can I prepare for the test?

If you are taking any medication to control your bladder symptoms such as

Oxybutynin (Kentera, Aspire, Ditropan)

Solifenacin (Vesicare),

Tolterodine (Blerone, Detrol, Detrusitol, Inconex, Mariosea, Neditol, Preblacon, Santizor),

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or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Tospium (Regurin, Sanctura)

Fesoterodine (Toviaz)

Mirabegron (Betmiga)

you should stop them at least 5 days before the test. Failure to stop these medicines may mask the problem we are trying to find. You should carry on taking medicines for other medical problems.

Bladder diary:

Please fill in the 3 day bladder diary which is enclosed.

Please bring this when you come to the hospital for your test. We need to know how much you are drinking and peeing. We know it is sometimes difficult to do this, especially at work, but it is very important. An exact diary gives us important information.

Questionnaires:

Please fill in the questionnaires provided and bring them for the clinic appointment

Where will the test take place?

The test will be done in the Clinical Investigation Room at the Leicester General Hospital.

Who will do the test?

We have a very friendly, dedicated team. A consultant or nurse, technician and the Health Care Assistant will be in the clinic during the test.

Resident doctors, nursing and medical students sometimes attend the clinic. We will ask for your permission for them to be present during the test.

How long will the test take?

The test with the consultation takes around 45 minutes. This gives you time to change. We can also explain the results.

What to do before the test?

- You can eat and drink normally on the day of the test. It is also important that you are not constipated when coming for the test. This could affect the result.
- Please bring a urine sample with you for testing. You can collect a sample bottle from your GP surgery. Although we would prefer you bring a sample, please do not worry if you are not able to do so. We will check it during the test.

- We cannot do the test if your sample shows signs of infection. If you have an infection we will give you a prescription for antibiotic tablets (1 week course). We will rebook the test.

Try to arrive with a comfortably full bladder. The doctor or nurse doing the test will then explain what is going to happen. They will ask you about your current symptoms.

You will change into a hospital gown

How is the test done?

There are a few slightly different ways that the test can be done.

- A small plastic tube called a catheter will be inserted into your bladder so it can be filled with fluid.
- 2 fine soft catheters (sensors) will also be inserted. 1 of them into the bladder and the other into the vagina or bottom (rectum). These lines record pressures in your bladder and tummy (abdomen).
- We will ask you questions about the feelings in your bladder. We will ask you to do some of the things which might trigger the problem you have (for example, cough, strain, jog, stand up, or listen to the sound of running water). Let the person doing the test know when your bladder feels full.
- We will ask you to pee again. The 2 fine sensors will still be in place. We will then remove the sensors. The test is finished. You can get dressed.

Does the test cause any pain?

You may feel a little discomfort or stinging when we insert the catheter into the bladder. This only lasts a few seconds. Most women tell us that having the test was not unpleasant and was better than they had anticipated.

What happens after the procedure?

The doctor or nurse will then explain the test results. We may talk about treatment options. Or we may arrange a follow up appointment.

You can return to work or go straight home after the test.

It is quite safe to drive.

Are there any risks linked with the test?

This test is done often. It is generally safe. After the test a small number of patients may have minor problems such as

- peeing more often (frequency)



- traces of blood in the pee or
- a slight discomfort when peeing

All these symptoms are temporary. They should go away quite quickly. Please drink plenty of fluids when you go home.

1 in 100 women develop a urinary tract infection after the test. This is caused by the insertion of the catheter. If this happens, you will have pain and discomfort when you pee. You may have a fever. You will need to see your GP for treatment.

Please contact the clinic coordinator (0116 258 4821) for the following reasons:

- **You did not get paperwork before the Urodynamics appointment**
- **You need an interpreter**
- **You cannot make the appointment. We can re-schedule it for you.**

University Hospitals of Leicester switchboard: 0300 303 1573

Urogynaecology Admin Team

0116 258 6426

0116 258 8391

Urogynaecology Nursing Office: 0116 204 7897

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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