



INFORMATION SHEET

Urodynamic Studies

Urodynamic testing is often used to try and find out what is causing bladder problems. It is the study of the bladder's ability to hold and empty urine. It measures the way the bladder relaxes to fill and then contracts to empty. The evaluation is assisted with a computerised study.

Allow a total appointment time of one and a half hours for test and review by the doctor.

Before the Procedure

No special preparation is required for the procedure. You may eat and drink as normal.

Keep taking your usual medications. You will not be required to stop taking Aspirin, Warfarin or anti-inflammatory medications, unless specifically instructed by your doctor.

Please do not pass urine prior to the test.

Please do not feel embarrassed or upset if you have difficulty controlling your bladder during the test, as the test is designed to find the cause of your problem.

During the Procedure

You will be escorted to theatre and asked to change.

You may be asked to empty your bladder into a special flow meter, similar to a toilet.

You will be asked to lie on the examination table, the nurse will explain the procedure and be in attendance throughout the procedure.

The area will be cleaned with an antiseptic solution.

Two small catheters are placed into your bladder. The first catheter is used to fill your bladder with fluid and the second catheter measures the pressure inside your bladder.

A small catheter is also placed into your rectum. This allows the computer to calculate the true bladder pressure. Your bladder will be filled with sterile water.

The nurse will ask you to describe the differing sensations you feel during the procedure and the computer will record these.

Once your bladder is full you will be asked to pass the water into the flow meter, which can measure the bladder pressure and flow of urine. The computer can then calculate whether your bladder has a normal emptying capacity.

A bladder ultrasound scan is performed at the completion of the urodynamics study.

After The Procedure

The tubes will be removed and you will be able to get dressed.

The results are printed and discussed with you by your doctor.

A sick certificate and follow-up appointment will be arranged if necessary

You should be able to resume normal activities the next day.

A courtesy call may be made as part of our quality control programme.

Post-operative and Discharge Planning

Urodynamics is a simple and safe procedure with minimal risks and complications.

In the event of an emergency please contact the practice on 8223 1472 between 9.00 a.m.-5.00 p.m. or telephone your doctor after hours (the number is in the telephone book).

After the procedure you may experience:

- The passing of blood stained urine
- Frequency, urgency and burning when passing urine, this should settle within 24 hours.

You should drink extra water over the next 24 hours and take Ural sachets (from the chemist) eight hourly if discomfort persists.

If the symptoms do not settle within 24 hours, or occur thereafter, please telephone the practice to speak to your doctor or the nurse.

RISKS AND COMPLICATIONS

Urodynamic Study is a safe and commonly performed procedure. Side effects are generally mild and short-lived.

Difficulties passing urine – it is common to notice mild frequency, urgency and burning when passing urine, which should settle in 24-48 hours. Drinking plenty of water (2-3 litres in 24 hours) can help this. Ural sachets (from the Chemist) taken 8 hourly can help.

Passing blood in the urine – should also settle in 24-48 hours. Important to drink water as mentioned above. More likely to occur if a biopsy is taken.

Urinary Infection – occurs rarely and should be suspected if difficulties passing urine do not settle. May require treatment with antibiotics.

