

## PATIENT INFORMATION

# Urodynamic Assessment

### What is a Urodynamic Assessment?

'Urodynamics' is the study of the function of the bladder; your Assessment takes 30-45 minutes to perform. It is **not** a treatment for your urinary problems; it is a test which will help your Urologist or Gynaecologist decide upon the most effective treatment for your symptoms.

### Before the procedure...

Unless you are told otherwise, medication prescribed specifically for your waterworks should be stopped 10 days prior to the appointment. On the day of the appointment please try to arrive with a comfortably full bladder and, if possible, do not use the toilet before you are called.

Prior to the procedure, if clinically indicated, you will be given an antibiotic as a preventative measure against infection being introduced into your bladder during the examination. Please let the Doctor or Nurse know if you are allergic to any medications.

### How is the test performed?

Either a Doctor or a Nurse Practitioner in Urology will see you. After you have been asked a few questions about your 'waterworks', you will be able to pass urine in the normal way using a special toilet which measures your urinary flow.

You will then be asked to put on a hospital gown and make yourself comfortable on the examination couch. The genital area is cleansed with a mild antiseptic solution and very fine tubes are passed into the bladder; these allow measurements to be taken of the pressures inside both the bladder and urethra ('waterpipe').

A tiny soft tube is also passed into the back passage to measure the pressure within the abdomen.

Your bladder is then slowly filled with water via one of the tubes and you are asked questions about how your bladder feels as it fills up. You will then return to the toilet to pass water again, but with the tubes still in place on this occasion. All tubes are removed at the end of the test.

### When do I get the results?

If your test is carried out by the Consultant or his/her assistant, you will be given the results immediately together with advice on possible treatment options. If you are seen by the Nurse Practitioner you will be seen by the referring consultant within 2-3 weeks in outpatient clinic to discuss your results and treatment.

## What should I expect after the procedure?

You will not need any sedation for your test and you are quite safe to drive yourself home afterwards if you wish to. There are no 'side effects' other than some minor discomfort on passing water (like a mild 'cystitis') and/or a little blood in your water for a day or so. You are advised to drink a little extra during the rest of that day to 'flush the system through'. If symptoms persist and you think you may have contracted an infection in your water, you should see your own GP for the appropriate water test and possible treatment.

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