

## What are urodynamic studies?

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This is a study of bladder activity. It measures the pressure in the bladder and the flow in the urethra. It shows what happens when your bladder is filling and emptying.

No special preparation is required and it does not matter if you are menstruating.

A urinary diary is usually given to you with your appointment and you will need to complete it and bring it with you. You should empty your bowels before the test and, you must stop taking the following medication 72 hours (three days) before your test:

- Oxybutynin, Cystrin, Ditropan
- Tolterodine, Detrusitol, Detrol LA
- Flavoxate, Urispas
- Propiverine, Detrunorm
- Trosipium, Regurin
- Solifenacin, Vesicare.

The study takes approximately 25 minutes. It has no effect on any activities afterward and it is safe to drive home.

## How are urodynamic studies performed?

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A nurse will talk to you about your bladder problems and explain the procedure. You will be asked to pass urine into a special toilet that will measure the rate at which your urine flows and how much you pass. You will be offered a hospital gown, asked to undress from below the waist, and then to lie down on an examination couch.

After cleansing the genital area, two catheters will be passed into the bladder: one to fill your bladder and one to measure pressure changes. Another catheter is placed into the back passage or the vagina to measure pressure from your tummy muscles. The catheters are connected to a special machine and a computer which enables us to observe your bladder activity as the bladder fills and as you pass urine.

As your bladder is filled with sterile saline (a mixture of water and salt), you will be asked to tell the nurse or doctor when you feel the need to pass urine and when you feel you cannot hold on any longer.

You may be asked to do some gentle exercises or cough while the nurse or doctor looks for leakage of urine. Please do not feel embarrassed if any urine escapes. It is often helpful if it does whilst the pressures are being recorded.

Before the catheters are removed you will be left in private to pass urine into the special toilet again.

The catheters will then be removed and you will be able to redress.

Some people may suffer with discomfort when passing urine afterwards. Please drink plenty of clear fluids (up to two litres per day) for 24-48 hours after the procedure. If symptoms persist for longer than this, please contact your GP.

### **When will I know the results?**

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As the test records information over many hours it may take several hours to review it. This means the result will not be known on the day of your appointment. You will need a follow up consult to get the results and advice on what happens next