

WHAT IS URODYNAMIC TESTING?



Urodynamic testing allows your doctors and nurses to perform a detailed assessment on the health of your bladder and pelvic floor.

What are the benefits of this test?

- It shows how well your bladder and pelvic floor are working.
- It may help your doctor to better diagnose your problem and to develop a treatment plan that works for you.
- If you are considering having surgery, it can help your doctor to decide which procedure will be the best for you.
- It may help your doctor or nurse to give you advice on how to improve or manage any symptoms that you have.

When is this test performed?

It can be done to find the cause of:

- urinary leakage
- urinary frequency or urgency
- urinary retention (difficulty emptying your bladder)
- other pelvic floor or bladder issues.

This test might also be done before you have surgery for prolapse, even if you don't have any other symptoms.

What are the risks of this test?

- You may feel some discomfort during the test. Most people tolerate this test well.
- Urinary tract infection can occur after the test.
- A very small amount of bleeding may occur.
- Care, of course, is taken keep these risks to a minimum. You should ask your doctor or nurse how these risks apply to you.

What happens before the test?

- Please complete a three-day bladder diary and bring it with you to your test.
- Please arrive for your test with a **comfortably full** (not bursting) bladder. There may be a short wait after you arrive.
- The test takes around 30 minutes. You will see a doctor for a consultation after your test. You can expect to be at the hospital for around 1 – 2 hours.
- We will explain the test and answer your questions before we begin.
- We will get your written consent to do the test.

What happens during the test?

- You will change into a hospital gown. We will ask you to empty your bladder into a special urodynamic toilet. This is done in a private bathroom.
- You will then sit in a special procedure chair. This allows your doctor or nurse to perform the test safely.
- Fine tubes (catheters) will be put in and out of your bladder. A small tube is also inserted into your back passage. These tubes measure your bladder and bowel pressures.
- Your bladder will be filled with some sterile water through one of the tubes. We will perform some more measurements once you tell us your bladder is full.
- You will have an ultrasound to look at the movement of your bladder neck.
- You will empty your bladder again into the special urodynamic toilet. You may need one last tube put into your bladder if you can't empty by yourself.

Other information about the test

- There are no needles involved in this test.
- You will not be sedated. You can be given a local numbing gel into the urethra before the test, if you would like it.
- All of the tubes are removed at the end of the test.

Your doctor or nurse will examine your bladder and pelvic floor and look at:

- The bladder muscle, how it behaves when you empty out and how it fills.
- The muscles at the bottom of your urethra that should keep urine from leaking out.
- The cause and severity of any urinary leakage.
- Your bladder's capacity (volume).
- Anything else that is not normal.

What happens after the test?

- You can go home straight after the test.
- You may drive a car or return to work as normal.
- You should drink plenty of fluids for the next two days to prevent an infection.
- You may feel some slight discomfort when passing urine for a few hours.
- You can take Ural sachets for the first twenty-four hours.
- Do not worry if you see a little blood in the urine.

When should I seek medical advice?

- If you develop a fever or are feeling unwell.
- If you have cloudy or smelly urine.
- If there is a lot of blood in the urine.
- If you are unable to pass urine.

Who do I contact if I need to speak to someone?

- Urogynaecology Unit during working hours on 03 8458 4500.
- Your general practitioner (GP) if you think you have an infection.



For more information

If you have any questions or need further advice about Urodynamic Studies, please call Mercy Hospital for Women

- Monday to Friday
- 8:00am to 4:30pm

Department: Urogynaecology Unit

Ph: (03) 8458 4500

In the event of an emergency, please dial **000** for an ambulance or go to your nearest Mercy Health or other hospital emergency department.