

Bladder Function Tests (Urodynamics)

Information for patients

Please read through this information about your appointment

Bladder Function Tests (Urodynamics)

An appointment has been arranged for you have some tests carried out on your bladder. These tests may have been described as 'urodynamics', 'cystometry' or 'bladder function tests' when they were mentioned at your last outpatient appointment.

You may feel anxious about attending for the tests, and the information in this leaflet is intended to ease some of your worries. The tests may take up to an hour to complete and may be slightly embarrassing for you, but there is nothing complicated, dangerous or painful about them.

When you arrive for your appointment please give your name to the receptionist.

Why are the tests carried out?

The tests are designed to investigate how your bladder fills and empties, and in particular to measure the changes of pressure inside the bladder and in the tummy (abdomen) as the bladder fills and empties. The results from the tests tell us how your bladder behaves normally and how it misbehaves to produce the urinary symptoms you are experiencing.

There are many different reasons why urinary problems and leakage occur and many different treatments are available. With the information provided by these tests the most appropriate treatment can be discussed with you and decided upon.

Do I need to prepare for the test?

Yes

- If you have been prescribed any of the following medicines: Vesicare (Solifenacin), Toviaz (Fesoterodine), Betmiga (Mirabegron), Detrusitol, (Tolterodine), Oxybutynin Hydrochloride, Kentera patches, Lyrinel XL, Ditropan, Regurin, Detrunorm, Cystrin, Urispas **stop** taking them for **one week** before your appointment.
- Complete the enclosed Frequency/Volume chart and bring it with you to the clinic. Instructions for completing the chart are provided. If you have already completed a chart there is no need for you to do so again.
- **Please bring an early morning urine specimen in a clean container when you attend the clinic.**
- **If you feel you have a urine infection, please phone and reschedule your appointment, as the test will not be accurate whilst you have an infection, and would also put you at risk of worsening infection.**
- Try to arrive for the tests with a comfortably full bladder. Try **not** to empty your bladder before seeing the nurse or doctor, but do not 'hold on' so long that you become uncomfortable.

Who carries out the tests?

The tests are carried out by the clinical nurse specialist or the consultant gynaecologist. A detailed history will be taken to gather as much information as possible about your bladder problems. Explanations will be given at every stage of the tests.

How are the tests carried out?

Following an explanation of the procedure and after changing into a gown, you will be asked to pass urine (in private) using a special toilet that is fitted with equipment to measure your flow of urine. A sample of urine will be collected and tested.

When you have emptied your bladder, a fine plastic tube (catheter) is passed through the outlet tube of your bladder (urethra) into your bladder. This may be a little uncomfortable but should not be painful. This tube is used to fill your bladder with sterile water. The tube is attached to a machine which records the pressure within the bladder while it is being filled. Another fine tube is placed into the back passage (rectum) or the front passage (vagina) and attached to the machine to record the pressure inside your abdomen to give us a comparison.

Once the tubes are in place, sterile water is run into the bladder. This may feel slightly cold. You will be asked to say when you first feel the need to pass water, and to describe how you feel as your bladder fills. When you feel full, you will be asked to cough, stand and do some gentle movements for a few moments. This is done to test how the bladder behaves when put under stress from increases in pressure, and to try to reproduce the symptoms you are experiencing. You may also be asked to listen to running water or put your hands in cold water to see whether this irritates your bladder.

Please try not to feel embarrassed by the possibility of leakage occurring during the tests. This will in fact let us see/record important information about your bladder activity.

You will then be asked to pass urine, again using the special toilet, this time with the pressure tubes in place so that the bladder muscle action can be measured. The tubes are then removed and the tests are completed.

What happens after the tests?

The results of the tests will be explained to you at the time of your appointment and if possible, suggestions for your treatment will also be discussed. Arrangements regarding your follow-up and review will be discussed, and any hospital appointments organised for you.

Following the tests, you may experience slight discomfort when passing urine on the first few occasions. Ensure that you drink plenty of fluids (1 - 2 litres) during the first 24 hours after the tests and this should settle quickly. However, if the discomfort continues, you should take a sample of your urine to your GP to check that there is no infection present. There is a small risk of introducing infection at the time of the tests, although every precaution is taken to prevent this from occurring.

What happens if I cannot attend the appointment?

Please inform the Appointments Team at Woodburn House/Edinburgh as soon as possible.

Telephone 0131 536 1626

This will allow us to offer the appointment to another patient and help reduce the waiting time for these tests. A further appointment will be arranged for you.

If you have any queries about the tests, please contact:

The Urogynaecology Nurse specialists:

Andrea Jones Telephone: 07977 842 325

Or

Jackie Jardine Telephone: 07855 090 042

