

## **Urodynamic Study**

### **What is a Urodynamic study?**

Urodynamics is an investigation to diagnose the functional problems of the lower urinary tract, i.e. the bladder, prostate (in men), urinary sphincter (muscle that prevent urine leak) and the urethra (tube that carries urine from the bladder to outside of the body). This test provides valuable information to help in an accurate diagnosis of your urinary problems. The reasons why you need a urodynamic study may include accidental leaking of urine (incontinence), frequent and strong desire to pass urine (urgency), difficulty to start urination (hesitancy), frequent urination (frequency), toilet visits overnight (nocturia), pain, slow stream and dribbling after passing urine.

Please let the clinic nurses and clinician know if you have any allergies especially to latex or contrast dye used for scan/x-rays.

### **How is the test done?**

The test is done in a specialised clinic room with maximum attention to your safety and privacy. If you feel uncomfortable or concerned at any time during the test, please let your doctor know, and we will make changes to help you. We will ask you to change into a hospital gown.

At the first stage of this test you will be asked to pass urine into a special machine to assess the flow of your urine. For this reason we would like you to come with a full bladder. If you use a catheter (tube) to drain urine or have a urinary stoma, this does not apply to you.

During the second stage of this study, we assess your bladder muscle activity by measuring the pressure changes inside the bladder and the abdomen. This means we need to insert a thin hollow tube (catheter) into your bladder and rectum (back passage). The catheter in the bladder is also used to fill the bladder. The tubes will be connected to a computer which measures the pressure changes throughout the test. If you have a bowel stoma (ileostomy or colostomy) the second catheter may need to be put into your stoma. So please bring a spare stoma bag with you.

Your bladder is filled with sterile saline. During bladder filling you will be asked to let us know what you are feeling. You might be asked to perform various manoeuvres such as coughing and straining, especially if you have complaints of incontinence.

At the final stage of the study you will be asked to empty your bladder naturally or will be drained using a catheter if needed. The tubes will be removed once the test is completed and you will be able to dress before the clinician explains the treatment plan.

### **When will I get the test results?**

The results will be discussed with you before you leave. You are encouraged to ask any questions at any time to ensure you understand your treatment plan.

### What do I need to do after the procedure?

You can resume your normal activities after the test including driving.

Your urine may be lightly blood-stained. It is vital to increase your fluid intake to 1.5-2L a day for at least three days following your Urodynamics study. This helps to prevent urinary infection and clear any slight bleeding caused by the procedure.

The urine is naturally acidic so you may experience slight 'stinging' when emptying the bladder. This is normal and clears within one to two days, so please don't be alarmed. You may also pass urine more frequently for 2-3 days. Adding Ural or Citravescent powder (which are readily available at any chemist) to your drinking water may help with these symptoms.

### When to seek medical advice?

**Please contact your family doctor, or go to the local Accident and Emergency clinic or Emergency Department at Middlemore Hospital if:**

- you are unable to pass urine
- you have persistent burning" or "stinging" pain for longer than three days
- you have any signs of urinary tract infection (feeling unwell, fever, shakes, lethargy, foul smelling urine, frequent urination, burning when passing urine etc.)
- there is heavy bleeding with clots in your urine

### Please complete the BLADDER DIARY

Bladder diaries tell us how much you drink, how much urine you pass and how often you do this. It is a crucial part of the assessment of your urinary symptoms.

#### **What do I need to do before starting the bladder diary?**

- Please **use a measuring cup** to measure your urine volume accurately. Do not guess. You may buy it from a kitchenware/variety/dollar shop.
- **Measure your drinking cups and mark them**, so you don't need to measure the fluid volume each time.

#### **How do I write the bladder diary?**

- You need to **complete the bladder diary for three days**.
- No need to write the diary in consecutive (in a row) days. Instead, **do it on days convenient to you**.

- Start the diary when you first drink fluid or pass urine once **you get out of the bed** for the day, carry on throughout the day and night until the next morning.
- Please **measure urine accurately using measuring cup every time** you pass urine.
- Complete each section of the diary.

#### **What should I do on the day of my appointment?**

- Please do not forget to **bring your bladder diary**.
- Please **come with a comfortably full bladder** to do a bladder flow test (passing urine into a special machine) in the clinic.

Urine leaks: **Damp (D)** = a few drops, dampens your underwear. **Wet (W)** = wets your underwear and clothes. **Saturated (S)** = running down your legs.

Getting up time morning: **time you get out of the bed for the day** Bedtime: **time you go to the bed to sleep**








**EXAMPLE BLADDER DIARY:**

**DAY 1**

Date: 5th July 2022

Getting up time morning: 07:30

Bedtime: 10pm

							
TIME	Drinks / How much		AMOUNT OF URINE - MLS	LEAKS - HOW MUCH?  Damp/Wet/ Saturated	DID YOU FEEL A STRONG URGE TO PASS URINE?	PAD CHANGE	WHAT WERE YOU DOING?
Time	Type	Volume 250ml	Amount of Urine – mls 220 Mls	D (damp) W (wet) or S (saturated)	YES/NO	YES/NO	Coughing/lifting walking etc
7.30am	coffee	250ml	220ml	S	No	Yes	Getting out of bed
8am	Water	300ml	300ml				
11.30am			270ml	D	No	No	Sneezing
4pm	Coffee	250ml	200ml	D	No	No	Laughing
7pm	wine	250ml					
10pm			210ml	W	No	Yes	
4am	water	200ml	250ml	D	No	No	Sleeping

## DAY 1

Date: \_\_\_\_\_

Getting up time morning: \_\_\_\_\_

Bedtime: \_\_\_\_\_

## BLADDER DIARY

[illegible]

## DAY 2

Date:

Getting up time morning:

Bedtime: \_\_\_\_\_

## BLADDER DIARY

[illegible]

## DAY 3

Date:

Getting up time morning:

Bedtime: \_\_\_\_\_

## BLADDER DIARY

[illegible]