

# Urodynamic Study

The urodynamic study is a diagnostic test that provides information about your bladder function. It measures your bladder capacity and power, the flow of your urine and urinary continence. This will provide detailed information about your bladder function so that a diagnosis can more accurately be made and appropriate treatment planned.

We would like you to **stop certain medications that affect your bladder** one week before the study so that we can determine your normal condition.

### These drugs include:

Oxybutynin (Ditropan), Tolterodine (Detrusitol), Solifenacin (Vesicare), Amitriptyline, Imipramine.

If you are taking any **medication for your prostate** that helps you to pass your water, **please continue to do so.**

### These drugs include:

Doxazosin, Terazosin, Tamsulosin, Finasteride

Please bring a list of your medications.



If you have an artificial joint replacement or heart valve please remind us as you may require extra antibiotics.

## What is involved?

The appointment takes approximately one hour. You may eat prior to the test and will be able to drive home afterwards. You will be able to return to normal activities straight away.

**Please drink 2 cups of water one hour before your appointment so that you will be able to pass a good amount of urine for us to assess your urinary flow when you first arrive.**

A very fine tube (catheter) will be gently placed into your bladder via the urethra (water pipe) and another into the opening of the rectum (back passage). The catheters are connected to a special machine and computer, which enables us to observe bladder activity. The bladder is then filled with sterile saline and we will ask you about your bladder sensations and will record some pressures. You may be asked to do some gentle exercises to see if you have any urinary leakage – please do not feel embarrassed if this happens. You will then empty your bladder again.

The results of the study will be discussed with you following the procedure and you will be advised if any follow up appointment, treatment or surgery is required.

**Please remember that although this procedure is embarrassing, it is an extremely useful study to discover the cause of your urinary problem. Most people tolerate the procedure very well.**

## Advice following the study

1. Drink extra fluid (about 2 litres a day unless you are on a fluid restriction) over the next couple of days to reduce the risk of infection.
2. You may experience a burning sensation when you pass urine – this is normal. Ural sachets and Paracetamol (Panadol) may help.
3. It is also normal to pass urine more frequently for a day or two, this will resolve.
4. It is important to contact your GP or emergency centre after hours if you experience any of the following although this is unlikely:
  - Sweating, fevers or chills. Feeling faint.
  - Increasing pain not relieved by Paracetamol.
  - You are unable to pass urine.
  - Your urine is cloudy or smells offensive.

## General appointment information

- Please ensure that you have completed your frequency / volume charts and bring these with you to the appointment. These recordings may be very helpful in diagnosing your problem.
- If you think you may have a urine infection before the study, please see your GP for treatment and phone for another appointment.
- When you arrive for your appointment, please do not pass urine without asking a member of staff so that we can direct you to the correct toilet for measuring and testing.
- **If you arrive late for your appointment we may need to reschedule it to another date.**
- **If you are unable to make it to your appointment or do not wish to proceed with the study, please cancel with as much notice as possible so that the appointment can be offered to someone else.**



**If you do not attend your appointment without notifying us, we will not send you a further appointment time.**

If you have any questions or worries about the test please contact Urology Nurse Specialist, phone 021 815 424. Leave a message if necessary with your daytime contact number so that we can call you back.