

# Bladder Pressure Studies (Urodynamics)

Urogynaecology

## What is this leaflet for?

To help you to understand the investigation that has been arranged for you to help assess your bladder problem.

**Please complete the bladder chart in the centre pages and bring to your appointment.**

## What is Urodynamics?

Urodynamics means the study of the pressure and flow in the bladder and tube through which you pass water (urethra). The test shows what is happening when the bladder is filling and emptying. This can be very helpful in assessing bladder problems or planning any necessary treatment.

## Are all urodynamic investigations the same?

No, some urodynamic investigations use X-ray to take pictures of the bladder function (known as video urodynamics), others measure pressure only. Your consultant will have decided which test is appropriate for you.

## Consent

We must seek your consent for any procedure or treatment beforehand. Your doctor will explain the risks, benefits and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed, please do not hesitate to ask for more information.

## What are the benefits?

The procedure will help to assess the bladder problems that you are experiencing.

## Are there any risks involved in having the treatment?

There are nearly always risks to any treatment. The main adverse effect of urodynamics is urinary infection which occurs in about 5% of patients (the risk is slightly higher in patients who have suffered infections in the past). This can be reduced significantly by drinking plenty of fluids for 48 hours following the procedure.

## What preparation is required?

Please bring a small fresh sample of urine with you. Please eat and drink normally and take any of your usual medication and attend with a full bladder. If you are unable to travel with a full bladder,

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

please attend 45 minutes prior to your appointment and fill your bladder at the hospital. If you are taking medication for an overactive bladder, you need to stop this for a week before your test.

Please notify us if you may be pregnant, as you will not be able to undergo any X-ray bladder pressure studies.

We will still be able to complete these investigations if you are menstruating (on a period).

## What will happen during the Bladder Pressure Test?

- You will be greeted by a member of staff and asked to pass urine. You will be asked to change into a gown and the details of the test will be explained to you. Your urine sample will be tested at this point
- The Consultant Urogynaecologist or nurse specialist will ask you about your bladder problem and symptoms
- You will be asked to lie on a couch or special X-ray table. Two very fine tubes are passed into the bladder. One tube measures bladder pressure and the other fills your bladder with sterile fluid
- A very fine tube will also be passed just inside your rectum (back passage) so that the pressure in the abdomen can be measured as the bladder fills and empties
- Once the tubes have been inserted, they will be attached to a special computer that will measure bladder activity
- The bladder is then gradually filled with fluid and you will be asked to indicate when you first want to pass urine and once again when you are full
- Once your bladder is full, you will again be asked to pass urine into the special toilet
- Once your bladder is empty, all the tubes will be removed and the computer will print out the results of your urodynamics investigation. The test is now finished
- The results of your investigation and treatment plan will be fully discussed with you. Please feel free to ask the consultant or specialist nurse any questions you have about the test or possible treatments
- The whole test usually takes up to 45 minutes.

## Is there any advice following the bladder pressure test?

You may feel a little discomfort when you pass urine or pass a small amount of blood. It is, therefore, important to drink plenty of water, (about 2 litres) over the next 24-48 hours to help these symptoms. If symptoms persist contact your GP, as you may have a urine infection.

Please do not worry about the urodynamics investigation, everything will be explained both before and during the procedure and we do appreciate that you may be a little anxious.

## Further Information

If you have any further questions or queries, do not hesitate to contact the urogynae specialist nurses on 01902 307999 ext 85186 or 88365 Monday to Friday 9.00am - 5.00pm.

## Bladder Chart

Please complete for the week before your bladder test appointment

Week commencing: ..... Name:.....

Please write in column 1 the amount you drink e.g. a cup of tea is about 150 mls
Please write in column 2 the amount of urine you pass, please measure, you could perhaps use a jug
Please write in column 3 when you are wet, e.g., damp, slightly wet, saturated

	Monday			Tuesday			Wednesday			Thursday		
Column	1	2	3	1	2	3	1	2	3	1	2	3
1am												
2am												
3am												
4am												
5am												
6am												
7am												
8am												
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7pm												
8pm												
9pm												
10pm												
11pm												
Midnight												

	Friday			Saturday			Sunday		
Column	1	2	3	1	2	3	1	2	3
1am									
2am									
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4am									
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6am									
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10pm									
11pm									
Midnight									

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。