



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Your Urodynamic Test Explained

Information for patients, relatives and carers

## Department of Urology

① For more information, please contact:

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Your doctor has decided that a Urodynamic Study will be helpful in either diagnosing your problem or planning your treatment.

## **What are the benefits of Urodynamic tests?**

Urodynamics (or bladder pressure studies) is a test designed to investigate lower urinary tract symptoms and shows how your bladder is actually functioning. This test can help decide which patients need surgery, bladder retraining, physiotherapy, drug therapy or further investigations for bladder problems.

## **How should I prepare for the test?**

We ask that you submit a urine test for infection to your GP surgery one week before this appointment or bring a sample of urine in a clean bottle with you to your appointment. This is so we can make sure you do not have a urine infection. We cannot perform the study if you have active infection in your urine. If you have sent your sample to your GP before your appointment, please bring the result of this urine test with you when you come for your appointment.

If you have been prescribed any tablets or medicines for your bladder symptoms (except antibiotics) e.g., Tolterodine (Detrusitol) or Solifenacin (Vesicare) or Mirabegron (Betmiga) please stop these a week before your test.

You will need to change out of your clothes into a hospital/procedure gown for the test. You may like to bring a dressing gown and slippers with you. Although this is not essential, it will help you feel more comfortable.

Please bring a list of your current tablets or medications with you to your appointment.

Please arrange your transport home after the test, you may be dizzy after the test, and we recommend you do not drive yourself home.

## **What happens when I arrive for my test?**

We will check with you if you have any allergies and check your urine sample.

You may be given an antibiotic tablet before the test. We will give you an antibiotic if there is a possibility that you have a urine infection or if you have other health issues where we feel that an antibiotic would benefit you.

You will be asked to sign a consent form (reference FY03CON27-3 Urodynamic Studies) if you have not done so already, to confirm that you agree to the procedure and understand the information given to you. This form will be kept in your Patient Notes, and you will also be given a copy for your own records.

We will give you a hospital/procedure gown to wear for your test and will give you a place to change.

The test lasts approximately 30 minutes and your appointment will last about an hour.

## **What happens during the procedure?**

The test is performed by a doctor and/or an appropriately trained nurse. It involves passing gently a fine, delicate line (catheter) into the bladder via the water pipe (urethra) and another into the back passage (rectum).

Before this procedure the penis or vagina is cleaned with antiseptic, and then local anaesthetic gel is applied gently into the water pipe to make it more comfortable.

During the test, your bladder will be filled slowly with water at a steady measured rate. You will be asked to cough and strain at intervals and to tell us when you first feel the desire to pass urine. You will then be encouraged to hold on until your bladder feels quite full.

If one of your symptoms is leakage of urine, we will try to reproduce this so we can see what the bladder is doing when the leakage occurs. Patients often find this embarrassing, but it is an important part of the test and that we will do all we can to be as supportive as possible during this process.

Once your bladder is full, we will ask you to empty your bladder into a measuring device. We use this to measure the rate of flow and from this the strength of your bladder. Once we have these measurements, we will remove the lines.



## **Video – urodynamic Studies**

This is more detailed investigation of the bladder function and is done at the x-ray department. It is the same test that we have just described; however, during the test we will take pictures of your bladder using x-rays. These pictures will show us how your bladder is working. Instead of filling your bladder with water, we will use a liquid dye. The dye (known as contrast material or medium) shows up well in x-rays. This test takes about 45-60 minutes.

You should let us know if it is possible that you are pregnant as we will not use the video urodynamic studies in this case.

Please let us know if you have ever had an allergic reaction to contrast medium or dye.

## **Are there any risks or side-effects?**

Most procedures have a potential for side-effects. You should be reassured that, although all these complications are well-recognised, the majority of patients do not suffer any problems after a urological procedure.

### **Common (greater than 1 in 10)**

- Discomfort/stinging on passing urine
- Blood-stained urine

These happen on a day or two after the test. It is important for you to drink plenty of fluids for a couple of days to flush the bladder out.

### **Occasional (between 1 in 10 and 1 in 50)**

- Urine infection: if the discomfort or blood-stained urine does not settle within a couple of days or if you have a fever, you must see your GP as you may have an infection.
- Inability to pass urine (retention of urine) requiring temporary insertion of a catheter
- Inability to pass the catheter into the bladder, requiring further investigation

### **Rare (less than 1 in 50)**

- Failure to give a definitive diagnosis, sometimes requiring that the test be repeated

## **Hospital-acquired infection**

- Colonisation with MRSA (0.9% - 1 in 110)
- Clostridium Difficile bowel infection (0.2% - 1 in 500)
- MRSA bloodstream infection (0.08% - 1 in 1250)

The rates for hospital-acquired infection may be greater in high-risk patients e.g., with long-term drainage tubes, after previous infections, after prolonged hospitalisation or after multiple admissions.

## **Does it hurt?**

There may be a little discomfort when the lines are inserted. After the lines are inserted, there should be no discomfort during the test itself except the feeling of the bladder filling up.

## **Is there an alternative to having the test?**

If you did not have this test, we could wait and see if your symptoms improve on their own. The other alternative is to give you treatment such as tablets or physiotherapy; however, we would not have as much information to help us choose the best treatment for you.

## **When will I know my result?**

The findings of the test will be discussed with you on the day; however, you will have a further appointment with your consultant or specialist nurse to discuss different options of treatment, which are best for you.

## **What if I'm having my period when my urodynamic test is booked for?**

There is no reason why the test should not be performed at this time. However, we quite understand if you wish to defer the test to another date. Please contact us to rearrange your appointment:

York Patients please phone:

Day Surgery Appointments Office on 01904 725132

Scarborough patients please phone:

01723 342261 or 342078

## **Will I be able to drive home after my tests?**

We recommend that you do not drive yourself home after the test. This is because if you do have an antibiotic, these can make you feel dizzy.

## **What should I expect when I get home?**

If you experience flu-like symptoms, shivering/shaking, any burning/pain when passing urine or a high temperature, you should contact your GP since you may require treatment with antibiotics.

If you are unable to pass urine after the test, you should contact your GP or the Specialist Nurse immediately.

## **Are there any other important points?**

The test may not give a definitive diagnosis for your symptoms. Some patients need to have further studies combined with X-rays of the bladder as it is filled (videourodynamics) before a definitive diagnosis and treatment plan can be agreed.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Mr Ash Kumar, Consultant Urologist, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 725610.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours.



# Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:  
[www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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