

## PATIENT INFORMATION

# Urodynamic Tests

### What is the Urodynamic test?

These tests are necessary to show how well your bladder is working. It is carried out in the Gynaecology Outpatient department and takes 1 hour. A fine plastic tube is passed into your bladder and back passage and filled with fluid. You will be asked to cough at certain times and to stand to try and reproduce what may make you leak during normal activities. Pressure recordings are taken from the tube as your bladder fills and empties. A doctor/nurse will be with you throughout who will also answer any questions you may have.

### Why do I need these tests?

It will help your doctor understand the cause of your problems and ensure that you receive the correct treatment.

### How should I prepare for the test?

If your period is due at the time of your test, please contact us to re-arrange your appointment. If you are taking bladder medications including those below, please stop 2 weeks prior to your appointment unless you are told otherwise as they can alter the results of the tests.

- Oxybutynin – Aspire, Ditropan, Kentera
- Regurin – trospium chloride
- Toviaz - fesoterodine
- Vesicare (Solifenacin)
- Toldterodine – Neditol, Detrusitol, Mariosea
- Betmiga - Mirabegron

We have attached a chart to help you assess how your bladder works. By filling in this form it will help us to accurately diagnose your condition. The column marked 'time' refers to the daytime starting and finishing at 05:00 hours. The chart should be completed over 5 days (marked 1 – 5). For each day there are 3 columns

### **F Fluid intake**

In this column record how much fluid you drink. i.e. coffee, tea, water, alcohol etc. Each time you have a drink record how much you have drunk against the corresponding hour of the day. You may find it easier to measure how much a cup or mug holds in mls and estimate. A cup holds 150mls and a mug 200 mls

### **U Urine passed**

In this column record the amount or volume of urine (in mls) passed against the corresponding hour of the day. For this you will need to a small plastic measuring jug available from a chemist or supermarket. Please also record during the night if possible. Where it is not possible to measure the volumes, for example if you are out shopping, please tick the box to show you have passed urine.

### **W Wet**

In this column you record any wet episodes. Simply tick the box against the corresponding hour of the day

### **What happens after the test?**

The doctor will usually be present to tell you the results of your tests. If not, we will arrange for another outpatient appointment for you. It is a good idea to increase the amount you drink for 48 hours after the test to reduce the chance of developing an infection. You may notice a small amount of blood in your urine and feel slightly uncomfortable after the test. There is nothing to worry about and you should feel better within 48 hours. If it becomes a problem, please contact your General Practitioner for advice.

### **For more information**

If you need any further explanation or information regarding your visit please ring

**Gynae clinic** ( Tel (01803) 656877

**Gynae appointments** ( Tel (01803) 656355



---

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

24012/V1/Gynaecology/TSDFT/04.26/Review Date 04.28