

URODYNAMICS – Client Information

A Urodynamic study is a test measuring bladder function on filling and emptying.

The Test Measures:

- Whether or not the bladder contracts
- Whether or not there is sensation as the bladder is filling
- How relaxed the bladder is during filling and how much the bladder can hold
- How effective the closure of the bladder is
- Helps in diagnosis of what is causing problems with incontinence or lower urinary tract symptoms

The test is done by our Nurse Practitioner Jana Middlemis, who works closely with Janelle Brennan in functional urology. The process takes approximately one hour. It does not require a general anaesthetic. It is important you fill out a **BLADDER DIARY** prior to the test. We have also attached a request form for you to have a urine test one week prior to rule out infection, as the Urodynamic test is not accurate if an infection is present. Some people experience mild burning and stinging afterwards and there is a very small chance of a urine infection, which can be treated with oral antibiotics. Jana will discuss the results with your consultant post-test and an appointment will be made for you to see your consultant in about 10-14 days to discuss the results.

FIRSTLY

You are asked to pass urine on a commode, so **PLEASE ARRIVE WITH A COMFORTABLY FULL BLADDER.**

For example: Pass urine two hours prior to test and don't pass urine again. You do **NOT** need to fast.

NEXT

One fine catheter (tube) is passed into the bladder.

This allows the bladder to be filled with fluid (saline) and measures the bladder's performance while this is happening.

Another catheter is placed into the back passage (rectum) to measure pressure inside the abdomen. These catheters are usually connected to a chart recorder, which graphs out information. The bladder is filled with note

being taken of when you have the first desire to pass urine, up until you feel your capacity has been reached.

Following this the filling catheter is removed and you will be asked to cough and stand. Any urine loss is noted.

Finally you are asked to empty your bladder again on the commode.

AFTERWARDS

Always after having this procedure drink plenty of fluids (unless otherwise advised by your doctor). Ural sachets (available from pharmacies) and Panadol can help if you have any burning or stinging when passing urine. If there are symptoms which last for more than 24 hours or you develop a fever, please contact the rooms on 03 5441 3130.