



# Having a urodynamic study

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**You have been asked to attend the Urology Procedures department for a urodynamic study to assess your urinary problem.**

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## Preparation for your appointment

- Please make sure that you stop any medication specifically taken for an overactive bladder two weeks prior to your appointment. If you are unsure which medications these are, check with your GP or the Urology Department via the Clinical Admin Team on 0118 322 8629 or email [rbb-tr.cat3a@nhs.net](mailto:rbb-tr.cat3a@nhs.net)
- You should attend the appointment with a full bladder.
- If you need an interpreter or deaf communicator, please let the department know at least 48 hours prior to the appointment so one can be arranged for you.
- You will be sent a text reminder for your appointment so please make sure we have your up to date mobile number.
- **Please complete the chart and questionnaire enclosed with this information sheet and remember to bring it with you to your appointment, as it is an important part of your assessment.**

## What is a urodynamic study?

The study, often called 'urodynamics', is a test to assess how your bladder works. With the information from this assessment, a doctor can diagnose and recommend treatments to help your urinary symptoms.

## What to expect during urodynamics

The nurse or doctor will insert two sensor catheters (fine plastic tubes) – one into your bladder via your urethra (water pipe) and one into your rectum (back passage) or vagina. The sensor catheters will be secured with tape.

You will be asked to sit on, or stand at a special toilet and we will connect the sensor catheters to the equipment. The nurse or doctor will then fill up your bladder with sterile saline (salt solution). While your bladder is filling, the nurse or doctor will ask you to cough or strain and tell us when you have a desire to pass urine.

If one of your symptoms is incontinence, we will try to reproduce this using a variety of measures. You may find this embarrassing, but every effort will be made to maintain your dignity. The test helps us make a diagnosis and recommend the most suitable treatment for you.

We will encourage you to hold on until your bladder feels full and then we will finish the test by asking you to pass urine again into the special flow rate machine.

The test takes about 30 minutes in total, but please allow up to one hour for your consultation. As soon as the test is finished, we will remove the sensor catheters and provide you with cleaning spray foam and wipes. You can then get dressed and use the toilet to empty your bladder.

The nurse or doctor will advise you on the next steps and make a plan for any follow-up, if required.

### **What are the risks associated with this test?**

All catheters and equipment are sterile and single use only.

However, there is always a risk of infection with any invasive procedure.

You may experience some discomfort for 48 hours after the test, which can be minimised by drinking two litres of water per day for those 48 hours.

If symptoms do not improve, or you feel unwell with flu-like symptoms (hot, cold and shivery with a high temperature), **please contact your GP in hours. Out of hours, contact your GP's out of hours' service, phone 111, or attend the nearest Emergency Department (A&E).**

We may give you antibiotics after the procedure if you are at high risk of infection.

### **What happens next?**

If you are not seen by a urologist on the day, the report from the investigation will be sent back to the doctor who requested the test and a follow-up appointment will be arranged to discuss the results and advise about further treatment if necessary.

If you need to cancel or change your appointment, please call the Clinical Admin Team on 0118 322 8629 or email [rbb-tr.cat3a@nhs.net](mailto:rbb-tr.cat3a@nhs.net)

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

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