

Female Urodynamic Investigations

What is Urodynamic?

Urodynamic is a study of the urinary bladder. It involves a group of tests that measure the function and pressure in the bladder as well as the flow of urine through the urethra (tube through which urine is passed out of the body).

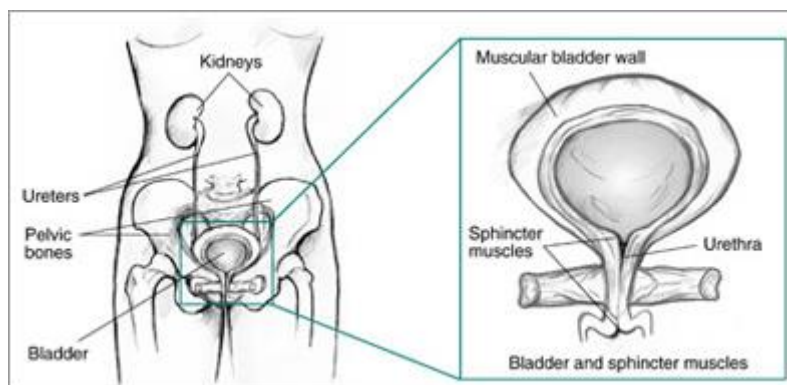
When you arrive in the department you will be greeted by one of the nurses who will be looking after you throughout the procedure, she will ask you to provide a sample of urine for her to test to ensure you do not have an infection. If you do have an infection the procedure will be postponed and you may require some antibiotics.

For the procedure you will be asked to change into a gown. Once you are feeling comfortable on the couch, two fine catheters will be inserted; one into the bladder through the urethra and the other into your rectum (back passage). Your bladder will then be filled slowly with sterile water. While your bladder is filling a number of recordings will be made, we will ask you how your bladder feels and you will be asked to cough and perform some movements while lying down and standing to check for leaks.

When your bladder is full we will ask you to cough to try to make the bladder leak. We will then ask you to pass water into a special commode. We will leave the room while you are passing water and return when you are finished. The test is now finished and when you feel comfortable you can leave.

The female urinary tract comprises

- Your bladder which stores urine
- The urethra through which urine is passed out of the body



Why would I need this procedure?

It is recommended you have this test so that your Consultant can have a better understanding how urine moves through your lower urinary system and how well your bladder is working.

What are the symptoms that have led to me having this procedure?

You have been invited to the outpatient department to have this test because of the urinary problems you have been experiencing.

What are the alternatives?

You have the option not to have this test but it may be difficult for your Consultant to offer you the best treatment available.

What are the potential risks and side effects?

There is a very small risk of a bladder infection. If you develop the following symptoms:

- Burning on passing water
- Shivers
- Temperature of 37' centigrade or above

You will need to contact your General Practitioner (GP) or out of hours GP service and explain that you have had this procedure.

What are the expected benefits of treatment?

This test helps the Consultant to determine why you have this problem, the type of problem it is and the best treatment to offer you.

What should I do before I come into hospital?

You don't have to do anything before you come into hospital. If you are taking certain medication you may be asked to stop this for up to two weeks prior to your appointment.

Will I have an anaesthetic?

You will not have an anaesthetic. However a local anaesthetic jelly is used to pass the catheter into your bladder.

How will I feel afterwards?

The test will not make you feel unwell you will be able to carry on as normal.

How long will I be in hospital?

Please prepare to be with us for about one hour.

What should I do when I go home?

Drink plenty of water. If you feel a little sore in your urethra take some simple pain killers like paracetamol.

How soon will I be able to resume normal activities?

You will be able to resume normal activities straight away.

Will I have to come back to hospital?

You will be seen again by your Consultant to discuss the results of the test.

When can I return to work?

You will be able to return to work straight away.

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Sources of information

Gynae nurses (01323) 413877. www.library.wmuh.nhs.uk/pil/incontinence.htm

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team - Tel: 0300 131 4500 Ext: 135860 or by email: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4500

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Mrs Kirsty Bray – Advanced Urogynaecology Clinical Nurse Specialist
Mr Hosam Elhalwagy – Lead Urogynaecology Consultant

The directorate group that have agreed this patient information leaflet:
Women and Children.

Next review date: December 2022
Responsible clinician/author: Mrs Kirsty Bray – Advanced Urogynaecology Clinical Nurse Specialist