

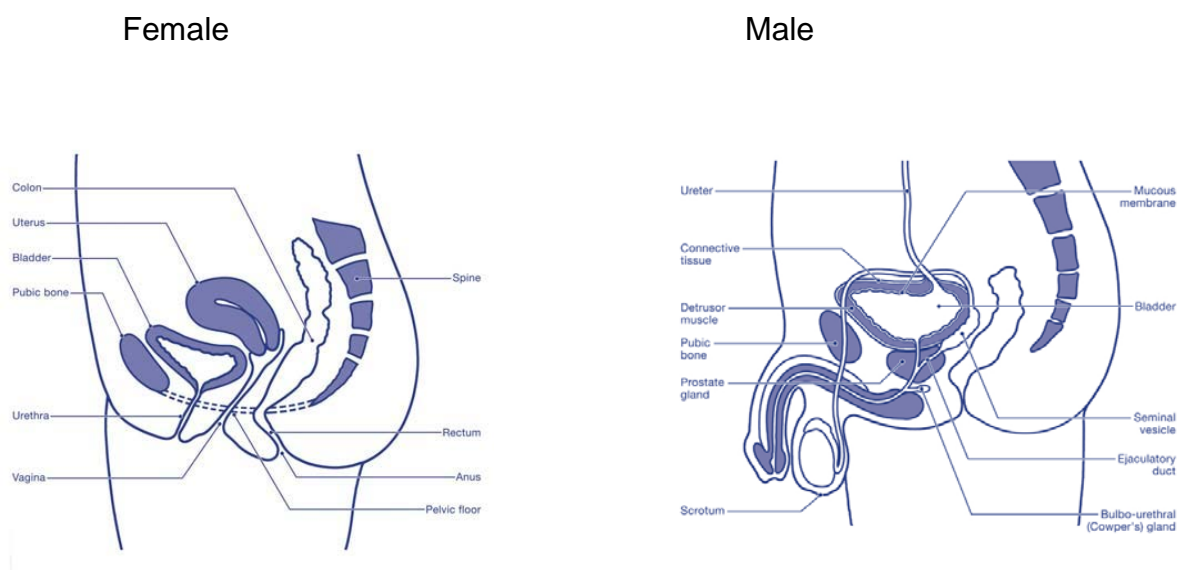
Videourodynamics

What is Videourodynamics?

Videourodynamics is a group of tests that allow us to see how your lower urinary tract is functioning. The tests are done in the radiology department using X-rays.

Your urinary tract comprises:

- Your bladder which stores urine.
- The urethra which carries the urine from your bladder to the outside. (See below)



Why would I need this procedure?

The results of your test will guide your consultant in their decision on which types of treatment to offer you. It can also be done to see how you have responded to earlier treatment.

What happens when I arrive for the test?

Please go directly to the Radiology Department and book in at reception.

All patients should bring a mid-stream sample of urine in a sterile container to the appointment, (sterile containers are available from your GP, pharmacy or Urology Clinic).

The sample will be checked to ensure you are free of urinary infection. If you do have an infection the procedure will not go ahead that day and you may require some antibiotics. You will be asked to change into a gown.

The procedure

Two fine catheters will be inserted; one into the bladder via the urethra and the other into your rectum (bottom). The catheters allow the pressures within the bladder and abdominal cavity (belly) to be measured and from this, the detrusor (bladder muscle) activity can be calculated. An x-ray contrast medium will be used to slowly fill the bladder so that it can be seen on X-ray.

When your bladder is full you may be asked to perform some exercises or cough to try to make the bladder leak. You will then be asked to pass water into a special urinal or commode. At the end of the procedure the catheters are removed and when you feel comfortable you may leave the department.

What are the alternatives?

Without this test it may be difficult for your consultant to decide on your course of treatment. Other tests are available but are less specific and the results may not give a complete picture of how your lower urinary tract is functioning.

What are the potential risks and side effects?

Although single use disposable equipment is used for each patient, there is still a very small risk of a bladder infection. If you develop the following symptoms a day or two after the procedure:

- 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?

To help establish a diagnosis of your urinary problem and devise a plan of care accordingly.

What should I do before I come into hospital?

No specific preparation is required. You may be asked to stop certain medication for up to two weeks prior to your appointment. This is to ensure that the results accurately reflect the bladder's natural function.

Will I have an anaesthetic?

No. However a local anaesthetic jelly is required to pass the catheter into your bladder.

How will I feel afterwards?

You should be able to carry out your normal activities.

How long will I be in hospital?

Approximately one hour.

What should I do when I go home?

Drink plenty of water to flush out your urinary tract. You may feel a little sore in your urethra, but this is usually relieved with simple pain killers like Paracetamol.

How soon will I be able to resume normal activities/return to work?

Straight away.

Will I have to come back to hospital?

You will need to come back to Out Patients for an appointment to discuss the results in full.

If after two weeks you have not been sent an appointment please contact your Consultants secretary via the hospital switchboard.

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

Urology Investigation Suite, Eastbourne District General Hospital
Tel: 0300 131 4500 Ext: 770640

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 4731 or by email at: 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 Email: esh-tr.AccessibleInformation@nhs.net

Reference

The following clinicians have been consulted and agreed this patient information:
James Moore. Consultant Urological Surgeon, Susan Crosby-Jones. Matron Urology Investigation Suite, Simon Tyler-Murphy. Lead Nurse Urology. Conquest
The directorate group that have agreed this patient information leaflet:
Urology

Next review date: September 2023
Responsible clinician/author: Susan Crosby-Jones, Matron Urology Investigation Suite
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