

**UROGYNÆCOLOGY DEPARTMENT
UNIVERSITY HOSPITAL OF WALES**



URODYNAMIC STUDIES

What are Urodynamics?

Urodynamics are investigations to look at how your bladder is functioning.

Why am I being referred for urodynamic studies?

You may have been experiencing some problems with your bladder such as leaking urine when you cough and sneeze, passing urine frequently, urinary urgency and sudden leakage of urine when you are unable to get to the toilet in time.

Some gynaecology patients may not have a bladder problem, but some operations such as prolapse repair could have an effect on your bladder after surgery. This is why your doctor requested this investigation.

What will Urodynamic studies achieve?

Urodynamic studies is an accurate way of diagnosing a bladder problem. It will give your doctor information about your problem and ensure that you receive the correct advice and treatment to help improve your situation.

What will you bring to this appointment?

- Your appointment letter
- Completed bladder diary
- A specimen of urine

Please attend this appointment with a comfortably full bladder

How long do Urodynamic Studies take?

The appointment lasts around 60 minutes.

What can I expect at a urodynamic studies appointment?

The doctor/nurse performing this investigation will ask you about your bladder and/or prolapse symptoms and discuss your completed bladder diary. Your urine sample will be tested. The urodynamic investigation will be explained to you in more detail. Please feel free to ask any questions.

What happens during the investigation?

For the first part of this investigation you will be required to pass urine into a uroflow meter (a special toilet), this measures how much urine you pass and the speed at which your bladder empties. This will be followed by a bladder ultrasound scan to measure how your bladder empties.

The second part of this investigation measures the pressure in your bladder as it fills and empties. A small catheter will be inserted in your bladder and another tube inserted into the back passage. Both tubes are used to measure the pressure inside the bladder and the abdomen while the bladder is being filled with water. When your bladder is filling, the pressures will be recorded by a computer which generates a picture of how your bladder fills and empties. You will be asked to cough, wash your hands in water, etc, in an attempt to replicate your daily routine and see the effect of this behaviour on your bladder.

Finally, you will be asked to empty your bladder in privacy. The tubes will then be removed as the test is complete.

What happens after the urodynamics have been performed?

The doctor or nurse will discuss the results of this investigation with you and offer advice on your bladder or prolapse problem. You may experience some increased urinary urgency and frequency for a few hours after the test is complete and a small amount of blood in your urine. It is essential you drink plenty of water or squash (6-8 glasses per day) for the next 48 hours to reduce the risk of urine infection.

Video Urodynamics

If you are attending for video urodynamics, your appointment will be in an X-ray setting. This will be stated on your appointment letter. Please inform us if there is any possibility of you being pregnant prior to this appointment. This investigation involves taking a series of x-rays during the urodynamic investigation, which may be harmful to your baby's development. The x-rays taken show the outline and structure of your bladder.