



A Guide to Urodynamic Testing at the Great Western Hospital

What is Urodynamics?

This is a bladder study test to understand the causes of your bladder problems and decide what treatment would be most helpful.

What does the test involve?

Firstly you will be asked to empty your bladder on our special commode in the clinic room. You will be left alone to do this in your own time. The Specialist Nurse will leave and wait outside the room until you have finished and washed your hands.

After testing your urine for possible infection you will be shown to the bathroom to put on a hospital gown. When you return to the clinic room you will be asked to lie on an examination couch where the Specialist Nurse will place a small tube (catheter) into the bladder using some local anaesthetic gel, and a small balloon in your back passage (rectum). These tubes will be connected to a computer (no bigger than one you would have at home) to measure and record pressures within your bladder and abdomen. The bladder is slowly filled with fluid and you will be asked to tell us when you first need to pass water, when you feel full, and also to cough during the test. We will run a tap and get you to wash your hands. If you have symptoms of stress incontinence we may ask you to do some light exercise or jogging on the spot. After this we will ask you to empty your bladder on the commode again and the tubes are then removed. A Specialist Nurse and a Nursing Assistant will be with you throughout the test.

Please understand that the purpose of this test is to recreate your symptoms to allow the computer to record why you are experiencing these problems. This means that you may leak during the test. Try not to be concerned about this. The Consultant may attend after your bladder is full to perform an examination or observe the test; this is normal and considered Best Practice.

The test is not painful but may cause a moment of mild discomfort, although many of our ladies say they don't experience that.



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How long does the test take?

The actual test takes approximately 30mins but completing the appointment may mean you are with us for another 15mins (45min Total)

Before the test – what must I do?

- Please **stop taking any bladder medication (anti-cholinergic medication) one week before the test**. Otherwise continue all other medication as instructed, enquire if you are unsure.
- You must complete the Frequency Volume Chart (bladder diary) you were given and bring it with you to the appointment. If you fail to do this we cannot proceed with the test.
- You can eat as normal, but please come with a comfortably full bladder. Refrain from drinking large quantities of fluid prior to your appointment. After your arrival the nurse or consultant will explain the test and give you time to ask any questions.
- If you have any signs of a urine infection before your Urodynamics appointment, please ask your GP for a urine test (if positive your Urodynamics test will need to be delayed until you have had treatment for this)

After your test

Please drink plenty of clear fluids for the next two days. It may sting slightly when you first pass urine, and there may be a little blood in it; this is nothing to worry about though and is quite common. Occasionally people who have this test may develop a urinary infection. This may cause burning and stinging when you pass urine or your urine may be cloudy or smelly. Please see your GP immediately for treatment. You will be given an information leaflet following the test to inform you of sensations to expect following the test.

What if I cannot make the appointment?

On the back of this leaflet are contact details. As soon as you become aware that you may not be able to make the appointment please contact us so we can offer the appointment to another patient. Should you not inform us of not attending we will not rebook the test and discharge you back to your GP.



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Will I see the consultant?

If it has been requested for a consultant follow up before discussion at a multidisciplinary meeting then you will have one arranged. This may take place immediately after your test. If this has been arranged, when you have completed the test and are dressed again, you will be asked to take a seat in the waiting room until the consultant calls you.

If you have any further questions please call the Urogynaecology message service where you can ask for a call to be returned on

Tel: 01793 605438

If you have any questions about your appointment or need to change the date or time, please contact:

Booking Clerks Tel: 01793 604820

Women's Health Out - Patients

Tel: 01793 605252

Arriving by car:

There is a pay & display car park. When buying a ticket, please allow enough time for the length of your stay.

Disabled Parking:

There are spaces close to the hospital entrance.

Set down Area:

For patients with walking difficulty, you may stop in front of the entrance for 20 minutes. Ask at reception in the hall for use of a wheelchair if this helps.

Arriving by bus:

There are frequent services from the town centre and surrounding areas.

For current bus times ring: (01793) 428428



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From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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