

# Having urodynamic tests to check the function of your bladder

Department of Urology

Information for Patients

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## Introduction

This leaflet will help answer some of the questions you may have about your urodynamics assessment. This is a brief explanation of the test and not all tests are the same. Do not worry if you cannot remember everything as hospital staff will talk you through the test on the day.

## What is urodynamics?

Urodynamics is a set of tests used to check the function of your bladder and the tube from your bladder that passes out urine (urethra). The results of this assessment can help us to find out the cause of your urinary problems (such as such as incontinence or difficulty in passing urine), so we can give you the correct treatment.

Tests can include:

- measuring the pressure in your bladder by inserting a thin tube (catheter) into your urethra.
- measuring the pressure in your tummy (abdomen) by inserting a probe into your bottom (rectum).
- asking you to urinate into a special machine that measures the amount and how strong your urine flow is.

## Preparing for your assessment

The test is not painful but some people do have some discomfort. You may find the test embarrassing but staff will try to help you to feel at ease. If you are nervous or worried please let us know and we will do what we can to help you.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

**You must tell us before your appointment if you:**

- think that you may be pregnant.
- think that you have a urine infection.
- are allergic to anything.
- have a urinary catheter inserted.
- have any special needs (e.g. difficulty walking).
- need a translator.

**What will happen during the assessment?**

**Please try to arrive with a full bladder**, so we can test the strength of your urine flow by asking you to pee into a funnel (women will be able to sit down for this).

After the flow test you will be asked to lie down. A lubricating gel will be used and a thin tube (catheter) will be put into your bladder. The catheter is needed to fill your bladder and to measure the pressure within the bladder. A small probe will be put into your bottom (rectum). This will measure the pressure in your tummy (abdomen) during the test.

Once the catheter and probe are in place and taped down you will be asked to cough; this is to make sure that they have been inserted in the correct place. We will then start to fill your bladder up by putting water through the catheter.

At the end of the test you will be asked to pee into the funnel again, this time with the catheter still in place, to measure the pressure in your bladder whilst you are passing urine. The catheter and probe will then be removed.

Women can have a urodynamics assessment during a menstrual period, but some people prefer to wait until afterwards. You will be asked to remove any tampons before the test.

**What happens after the assessment?**

After your assessment the doctor or nurse will explain the results to you and tell you what will happen next. You may be asked to attend an outpatient clinic where the results can be discussed with you in more detail.

If you have any of the following symptoms after your test you should see your GP:

- Pain or burning when passing urine.
- Cloudy urine.
- Very smelly urine.
- Fever type symptoms (shivering and feeling cold at the same time).

You may notice blood in your urine for a few days after the test. Don't worry about this, drink plenty of water and it will usually settle down. If it does carry on you will need to see your GP.

You may be given a 3 day course of antibiotics at the end of the test, if you are assessed as having a greater risk of a urine infection.

## Contact details

If you have any further questions about your urodynamics test please contact the continence adviser on 0116 258 4635.

If you need to change your appointment please call 0116 258 4872.

If you have any questions, write them down here to remind you what to ask when you speak to your nurse/ doctor:

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اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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