

Department of Gynaecology

Investigative procedure information leaflet

Name of procedure: Urodynamics (female)

It has been recommended that you have a test called urodynamics. This test will tell us what is happening in and around your bladder and help to find the cause of your symptoms.

This investigation is used to find out how your bladder behaves, by measuring pressures within your bladder and urethra. The urethra is the tube through which urine passes out of your body. The test may indicate the cause of symptoms such as incontinence, urgency or difficulty with emptying. The results will help your consultant to determine the best form of treatment for you. This may not mean surgery; many problems can be treated with tablets and special exercises.

This leaflet explains some of the benefits, risks and alternatives to the procedure. We want you to have all the information you need to make the right decision. Please ask your doctors team about anything you do not fully understand or want to be explained in more detail.

We recommend that you read this leaflet carefully. Your doctor (or other appropriate health professional) will discuss the urodynamics test with you and confirm that you agree (consent) to have the procedure.

Benefits of the procedure

The aim of the procedure is to assess the function of your bladder to see whether there are any problems and decide if you need further treatment.

Serious or frequent risks

Everything we do in life has risks. A urodynamics test is considered a safe procedure, but occasionally there can be side effects and complications. These include the following:

- Frequency in passing water;
- Traces of blood in your urine;
- Slight discomfort in passing urine; and
- Infection.
 - A few patients may have a water infection following the investigation. This can be easily treated with a course of antibiotics.

You will be cared for by a skilled team of doctors, nurses and other health-care workers who are involved in this type of procedure every day. If problems arise, we will be able to assess them and deal with them appropriately.

Other procedures that are available

A urodynamics test is considered an excellent way of assessing your bladder function. As an alternative, you may have one, or more, of the following:

- cystoscopy (this allows your doctor to look into your bladder with a special telescope);
- flow rate (this is a method of measuring the rate at which you pass urine);
- bladder scan (this is a very simple ultrasound scan to measure any urine left behind in the bladder after passing urine).

These do not provide as much information as the urodynamics studies. However, if these procedures are suitable for you, your doctor will discuss this with you.

Preparation before you come into hospital

We may phone you about a week before your test to confirm your appointment details, answer any questions you have and discuss the tests with you.

Your normal medicines

Continue to take your normal medicines up to and including the day of your test. If we do not want you to take your normal medication, your consultant will explain what you should do.

If you are taking any tablets for your bladder symptoms, for example:

- Oxybutinin
- Detrusitol
- Ditropan
- Propantheline
- Flavoxate
- Urispas
- Trosipium
- Solifenacin; or
- Duloxetine.

You should **stop taking** them for two weeks before your test unless you have been told otherwise. If you do continue to take these medications, it may affect your test results.

If you are not sure what your tablets are for, please telephone to ask your GP Surgery first. **Please bring with you a list of any medications you are taking.**

Fluid chart

We will send you a fluid input and output chart to fill in. It is very useful for us to know how much you drink and how often you pass urine. If you leak we would also like to know how often this happens. We appreciate that it may be difficult to fill in this chart at work. If you are not able to measure urine at work you can just record the time. To measure the volume of urine passed each time you will need to use a measuring jug.

Please read the instructions carefully and fill in the fluid chart for at least three days.

Please bring the chart to the clinic with you.

On the day of the procedure

Please arrive promptly for your appointment with a **comfortably full bladder**. If you cannot 'hold on' when you arrive in the department, please tell the nurse in clinic. We will do our best to accommodate your needs.

We make every effort to keep to time and you should expect to be at the hospital for about 1 hour (the test itself takes about 25 minutes). We will explain the procedure to you and ask you to tell us about your current symptoms.

If you have a vaginal pessary we may remove this before, or during, your urodynamics test. The Specialist Nurse or Doctor can replace the pessary before you leave clinic.

During your investigation

We will give you a hospital gown to wear during the test. We will ask you to pass urine into a special toilet – this is called a flow meter and simply measures how much, and how quickly, you pass urine.

The nurse will then put two or three tubes in place as requested by your doctor. One allows us to fill your bladder with clear fluid, the other one measures the pressure within your bladder as it fills. We also need to place a tube a little way into your back passage or vagina. The tubes are made of very thin plastic and contain a device to measure pressure inside and outside your bladder. This information is sent to a computer and you will be able to see what is happening on the computer screen if you wish.

We will slowly fill your bladder with clear fluid and we will ask you to tell us how your bladder is feeling, for example, when you would normally want to go the toilet. When your bladder feels full we will stop filling and remove one of the tubes from your bladder.

We will also need to know how well your bladder behaves when challenged with a physical activity. To do this we will ask you to stand up over an absorbent pad and give a series of coughs. We may ask you to hold your hands under running water. This should help to demonstrate any leakage problems. We appreciate that this can be very embarrassing however, it is a vital part of the test and helps to make an accurate diagnosis.

Finally, we will ask you to pass urine again in our special toilet. The remaining tubes will then be removed.

After your investigation

Once the test is complete you will be able to get dressed. We will explain the test results to you and answer any questions as far as possible. You can go home straight after the test and it is safe for you to drive.

Please remember to drink plenty of fluid for 24 – 48 hours after your test to minimise the risk of infection.

Outpatient appointment

If you have not seen your consultant on the day of the urodynamics test we will usually send you an appointment to discuss the results and treatment in more detail.

Contact details

If you have any specific concerns that you feel have not been answered and need explaining, please contact the following:

Nurse Specialists:

- Worcester Royal Hospital (phone 01905 760875)
- Kidderminster Hospital (phone 01905 760875)
- Alexandra Hospital (phone 01527 503030 ext 42016)

Clinic 2000:

- Alexandra Hospital (phone 01527 512016)

Other information

The following internet websites contain information that you may find useful.

- www.patient.co.uk
Information fact sheets on health and disease.
- www.nhsdirect.nhs.uk
On-line Health Encyclopaedia and Best Treatments website.
- www.worcestershirehealth.nhs.uk/acute_trust
Worcestershire Acute Hospitals NHS Trust

Patient Services Department

It is important that you speak to the department you have been referred to (see the contacts section) if you have any questions (for example, about medication) before your investigation or procedure.

If you have any concerns about your treatment, you can contact the Patient Services Department on 0300 123 1733. The Patient Services staff will be happy to discuss your concerns and give any help or advice.

If you have a complaint and you want it to be investigated, you should write direct to the Chief Executive at Worcestershire Acute Hospitals NHS Trust, Charles Hastings Way, Worcester WR5 1DD or contact the Patient Services Department for advice.

Please contact Patient Services on 0300 123 1733 if you would like this leaflet in another language or format (such as Braille or easy read).

Bengali

“আপনি যদি এই লিফলেটটি বিকল্প কোনো ভাষায় বা ফরমেটে (যেমন ব্রেইল বা সহজ পাঠ) চান, তাহলে এই নম্বরে 0300 123 1733 প্যাশেন্ট সার্ভিসের সাথে যোগাযোগ করুন।”

Urdu

“اگر آپ کو یہ دستی اشتہار کسی متبادل زبان یا ساخت میں چاہیے (جیسے کہ بریل / ایڑی ریڈ) تو پیشنٹ سروسز سے 0300 123 1733 پر رابطہ کریں۔”

Portuguese

“Por favor, contacte os Serviços de Apoio ao Paciente através do número 0300 123 1733, caso precise deste folheto numa língua alternativa ou formato (como Braille / fácil de ler).”

Polish

“Jeżeli pragniecie Państwo otrzymać tę broszurę w innym języku lub formacie (Braille / duży druk) proszę skontaktować się z Obsługą Pacjentów pod numerem 0300 123 1733.”

Chinese

“如果您需要此份傳單的其他語言選擇或其他版本
(如盲人點字版/易讀版容易的閱讀),請致電 0300 123 1733與病患服務處聯繫。”

Comments

We would value your opinion on this leaflet, based on your experience of having this procedure done. Please put any comments in the box below and return them to the Clinical Governance Department, Finance Department, Worcestershire Royal Hospital, Charles Hastings Way, Worcester, WR5 1DD.

Name of leaflet:_____ Date:_____

Comments:

Thank you for your help.