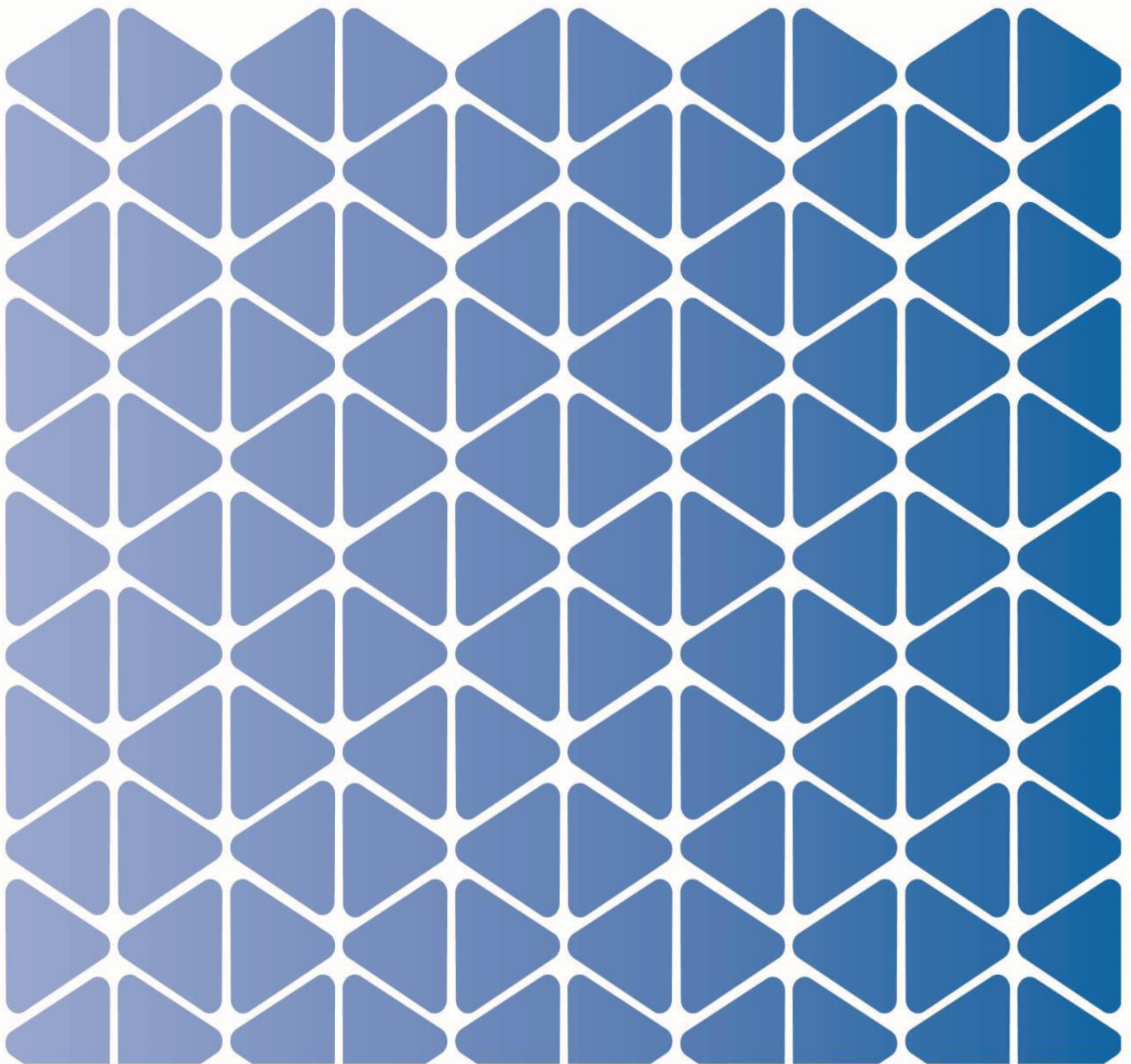


PATIENT INFORMATION

Urodynamics

Female Patient Information



Introduction

Your Consultant needs to know in more detail what is happening in and around your bladder, to find out what is causing you to have problems. A test has been arranged to help find out the cause of your bladder symptoms. This test is called urodynamics.

This leaflet aims to answer some of the most commonly asked questions about the procedure. We appreciated that you may have very specific questions not covered by this leaflet. If you do, please contact one of the Specialist Nurses on **01905 733437**.

What is Urodynamics?

This is an investigation 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. It 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.

Where will the test take place?

There are Urodynamic departments at Worcestershire Royal Hospital and Kidderminster Treatment Centre within the Worcestershire Acute Hospitals NHS Trust. To determine which clinic you are to attend please refer to your appointment letter.

Do I need to do anything before I come to the clinic?

For 2 weeks before your appointment please stop taking any tablets you have been taking for your bladder symptoms unless you have been told otherwise in clinic. Examples of the tablets are; Oxybutynin (Ditropan, Lyrinel, Kentera), Tolterodine (Detrusitol), Solifenacin (Vesicare), Fesoterodine (Toviaz), Rospium (Regurin), Propantheline, Propiverine (Detrunorm), Flavoxate (Urispas) and Betmiga (Mirabegron). Please continue to take antibiotics and any tablets you have been given for blood pressure, heart problems and fluid around your ankles etc.

If you are not sure what your tablets are for, please telephone your GP Surgery first.

You will be sent a fluid input/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 unable to measure urine at work you can just recall the time. Please read the instructions carefully and fill in the fluid chart for at least 3 days.

Please bring the chart to the clinic with you.

What happens when I attend the clinic?

Please arrive promptly for your appointment with a comfortably full bladder. If you cannot 'hold on' when you arrive at the Department, please tell the Nurse in the clinic or ask the Receptionist to tell the Nurse. We will do our best to accommodate your needs. We make every effort to keep to time and you should expect to be in the Hospital for about 1 hour. The procedure will be explained to you and you will be asked to briefly tell us about your current symptoms.

You will be given a hospital gown to wear during the test. The first thing we ask you to do is pass urine into a special toilet – this is called a flow meter and simply measures how much urine you pass.

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

Your bladder will slowly be filled with clear fluid and we will ask you to tell us how your bladder is feeling, e.g. when you would normally want to go to the toilet. When your bladder feels full we shall stop filling and remove one of the tubes in your bladder.

We 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 demonstrate any leakage problems. We appreciate that this can be very embarrassing, however, it is a vital part of the procedure and helps us to make an accurate diagnosis.

Finally, we will ask you to pass urine again in our special toilet. The remaining tubes will be removed and you will be able to get dressed. Either the Doctor or the Nurse will explain the test results to you and answer any questions as far as possible. You will also be sent an appointment to see your Consultant and discuss the results and treatment options in more detail.

It is important to let us know if you need to change or cancel your appointment. Please telephone 01905 733254. We will then be able to offer another patient your slot.

What happens after the test?

You can go home straight after the test and it is quite safe for you to drive.

Are there any risks?

Following Urodynamics a small number of patients may experience minor problems. The most common are frequency, i.e. passing water more often, traces of blood in the urine and a slight discomfort when passing urine. The Nurse will give you a leaflet telling you all about this and what to do.

For a few patients these problems result in a water infection and a course of antibiotics is needed from the GP.

What if I have more questions?

Please remember that although the procedure sounds uncomfortable and embarrassing, you have overcome the most difficult part by telling the Doctor about your problem. The Trust employs Specialist Nurses who are able to help you and talk to you about your problem. They can also answer any questions you may have about the test.

If you wish to speak to a Nurse before your appointment, please call: 01905 733437.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.