

URODYNAMIC INVESTIGATIONS

What are Urodynamic Investigations?

- Urodynamic investigations or urodynamics are a series of tests to demonstrate how your bladder is working. It is important to discover the exact bladder problem in order that the best treatment can be offered to you.
- In the Women's Hospital these tests will take place in the Urodynamic Department on the ground floor. In Aintree Centre for Women's Health these tests take place in the assessment unit at the end of Ward 4.
- During all your tests a nurse will always be there to support you and answer any questions you may have.
- When all the tests are completed you will see a Doctor or the Clinical Nurse Specialist who will discuss the results with you.
- We often have Medical and Nursing students observing the tests we perform. You can request that they leave the room at any time.

Your appointment letter should tell you which tests you will be having.

The Urodynamic Tests are: -

Pad Test

This is done to assess how much urine you leak and takes two hours to complete.

1. At the start of the pad test you will be asked to empty your bladder and provide a sample of urine.
2. You will be given a litre (1000mls) of water or juice to drink, as quickly as you can.
3. An hour after the drink you will be asked to wear a sanitary pad. Whilst you are wearing the pad you will be asked to do some simple exercises, the nurse will explain these to you.
4. If you need to pass urine during this test you will be asked to use a special toilet.
5. After passing urine an ultrasound scan of the bladder will be performed to check that your bladder empties properly.
6. Before you go home an appointment will be made for you for either a cystometry test or a review with a nurse or doctor.

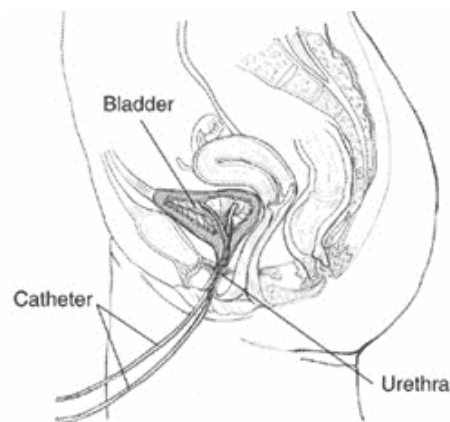
We cannot do a pad test if you are on a period. You will need to phone and rebook your appointment.

Urodynamic Reception 0151-702-4185

Flow Studies

This test tells us how much urine your bladder can hold and how well you empty your bladder. This can take anything between 1-3 hrs to complete. The nurse in the department will be able to advise you about this.

- You will be given some water or juice to drink and asked to wait until your bladder feels full and you need to go to the toilet.
- The special toilet measures the speed and amount of urine you pass.
- After this you will have an ultrasound scan to measure the amount of urine left in your bladder. This is done by one of the nurses.



Cystometry

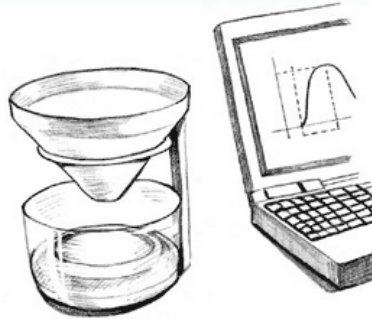
Cystometry or Bladder Pressure Test

This test tells us how your bladder behaves when filling with fluid and on emptying. It takes approximately one hour to do.

- The test is conducted in a quiet room with a doctor and nurse present.
- It does not require any needles or an anaesthetic so you can carry out your activities as normal after the test.
- You will be asked to wear a hospital gown.
- To do the test the nurse will need to place two small tubes (catheters) into your bladder and one small tube in the back passage or vagina. You might feel a slight discomfort as these tubes are being inserted.
- When you are comfortable the test will begin. Your bladder is filled with sterile water through one of the catheters until you feel a strong desire to go to the toilet.
- One tube is removed from the bladder and you will be asked to stand up. You will be asked to cough, this may cause you to leak, if you do it is only sterile water that you lose but it is important as this will assess your bladder function.
- You will then be asked to empty your bladder on a special toilet with the tubes still in place. The doctor and nurse will leave the room to give you

privacy. Once you have emptied your bladder the remaining two tubes will be removed.

- The results of the test will be discussed with you before you go home.



Uroflowmeter equipment

Ambulatory Studies

This test tells us how your bladder behaves over a period of time, usually about 3-4 hours.

- You will need to wear loose clothing for this test.
- A nurse will prepare you for this test and be present whilst the test is completed.
- A small tube (catheter) will be placed into your bladder and another into the back passage. This will then be connected to a small monitor, which you will carry around with you.
- Your bladder, and how it behaves, will be monitored for about 2-3 hrs.
- You will be given a chart and asked to write down whenever you have a drink, when you feel an urge to go to the toilet, when you use the toilet and when you leak.
- At the end of the test the tubes are removed and you will be allowed home.
- An appointment will be made for you to see the Doctor.

The staff on the ward are always available to discuss this and any other issues with you in full, please do not hesitate to contact the

Urodynamics Specialist Nurse/ Continence Advisor on 0151 708 9988 Ext 4185 / 4016 at Liverpool Women's Hospital

Some useful websites for further information are

www.continence-foundation.org.uk
www.incontact.org

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