



Information for  
patients and  
carers

## Urodynamic Studies

## What are Urodynamic Studies?

Urodynamic studies are carried out to assess the lower urinary tract, made up of the bladder and urethra (tube connecting the bladder to the outside of your body). Changes in bladder pressure during filling and emptying are recorded on a computer; explained below. The test is the best diagnostic tool available to help diagnose the cause of your bladder symptoms. This will allow us to offer the most appropriate treatment.

The test takes approximately 30-45 minutes.

In order for us to best assess your symptoms, prior to the appointment, we ask that you complete the attached Bladder Diary and Kings Health Questionnaire.

## What do the Studies Involve?

- You will be asked to attend with a full bladder on arrival. You will be asked to change into a gown and remove lower garments
- You will then be asked to empty your bladder in our designated toilet to allow us to record your urinary flow rate
- A small catheter (tube) is placed along the urethra into the bladder where a small balloon is inflated to keep this in situ. Gel will be placed in the urethra to aid catheterisation, this may still cause a little discomfort. The catheter has two ports: one to record bladder activity, and the other to allow filling of the bladder with saline solution. This allows measurement of the bladder pressure changes
- Another small balloon attached to a catheter is inserted into the vagina to allow recording of abdominal pressures, necessary to assess if changes in this pressure affect the bladder
- Both catheters are connected to the analysing computer
- The bladder is then filled slowly with the saline solution. You will be asked a number of questions regarding bladder sensation during the

procedure and may be asked to perform some gentle exercises or cough. In doing so, you may occasionally leak, which is what we are trying to assess. Please be reassured that this is only the saline solution which we are putting into your bladder

- Once you feel that your bladder is full, you will be asked to empty your bladder with the catheters remaining in situ to record bladder pressures during emptying
- The catheters are then removed and the test is complete

## What are the risks and benefits of the test?

Benefits:

- The procedure allows us to determine the cause of your symptoms and therefore which management options would be best suited to you

Risks:

- There is a small risk of a urinary tract infection or bleeding due to catheterisation of the urethra, though drinking plenty fluids following the procedure can reduce this risk

## Following the procedure

- Drink plenty of fluids to reduce the risk of infection
- You may experience some discomfort over the ensuing 24-48 hours though this should settle. If the discomfort persists, contact your GP who may request a sample of urine to test for infection
- If any bleeding is noted and doesn't settle within 24-48 hours, again contact your GP who may arrange a review

## Instructions for Completing your Bladder Diary

- Please complete the full 3 days
- Please choose three different types of day e.g. working, active, weekend or weekdays
- Measure and record all that you drink
- Measure your urine output in a jug, in millilitres (mls)
- Place a 'W' in the Wet column if you had an episode of urine leakage
- Place a 'B' in the box on the chart at the times you pass a bowel motion
- Further instructions can be found on the back of the Bladder Diary

## International Consultation on Incontinence Questionnaire ICIQ Questionnaire

Please complete the ICIQ Questionnaire and please bring this to your follow up clinic appointment.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપાકરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi."

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਾੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دوسری زبانوں اور ریڈی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو  
یہی چھپا جس کی ایسی دست بو یسکت ہے براے مہر یسان پوے چھہہ۔ معلومات

**Arabic:**

مطبوعه با حرف كبيره و بلغات اذا كنت تر يد مسا عده في فهم هذه المعلومات يُر جى ان تطلب  
اخرى يمكن تو فير هذه المعلومات

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