

Urodynamic investigations

You have been offered urodynamic investigations to assist with further assessment of your urinary symptoms in order to allow a more accurate diagnosis. This may help decide if more invasive treatment is the best option for you.

The test will be carried out as an outpatient procedure and should usually be completed in 30 to 40 minutes, but we request that you allow at least one hour in case of delays. The test can be time consuming, so we ask you to please ensure that you attend on time.

Preparation for the test

If you have been provided with a 3 day bladder diary and a symptoms questionnaire, please complete the forms in advance of the appointment and bring them with you on the day.

If you are taking medicines to treat your bladder problem, you should stop them 7 days before your test as they may mask some of your symptoms. These include Oxybutinin, Darifenacin, Duloxetine, Fesoterodine, Solifenacin, Tolterodine, Trospium, Propiverine and Mirabegron. Some of these medications may be available under different brand names but closer inspection of the packaging should enable you to determine if you are taking any of these tablets.

You will be able to restart your medication after the test has been completed.

Please arrive with a comfortably full bladder. You can eat and drink as normal before your appointment.

The procedure

Your nurse will ask you to empty your bladder into a commode, allowing measurements while you are doing so. Your urine will be tested to make sure you do not have a urinary tract infection. If a urinary tract infection is suspected, we may have to postpone the test until you have completed appropriate treatment.

You will then be asked to change into a hospital gown and lie down on an examination couch. Small plastic tubes will be inserted into your rectum and bladder. These tubes will allow gradual filling of your bladder and observation of your bladder's behaviour during the process. You will be asked to indicate when you feel the sensation of needing to pass water. The nurse may try and provoke a urinary leak in different positions before allowing you to empty your bladder contents into a commode once more.

The plastic tubes will subsequently be removed and you will be directed to the changing room where you can get changed back into your clothes.

Follow up

Once the test has been completed, the nurse will review the recording and formulate a report for review by the consultant. Some clinics are available as a 'one-stop' service where the consultant can review your notes straight after the investigation.

In this case you will be asked to take a seat in the waiting area once more while your report is written. Your consultant will review you as soon as they are available. In this case your stay in our department may be slightly longer than the 1 hour required for your test. Unfortunately, this is not always possible, therefore you may be asked to attend on another occasion to discuss the result and plan further treatment.

After care

You should be able to undertake your normal day-to-day activities straight away. Aim to drink six to eight glasses of fluid in the next 24 hours to reduce your risk of a urinary tract infection. It is likely you will be aware of irritation in your urethra (waterpipe) for 1 to 2 hours after the test.

If you need to cancel or change your appointment

For appointments at Peterborough City Hospital please contact the Urogynaecology secretary on 01733 673766

Fitzwilliam Hospital patients, booked for urodynamic investigations at Peterborough City Hospital please call the Radiology Booking Office on 01733 678373

For appointments at Hinchingsbrooke Hospital please contact the Gynaecology secretaries on 01480 442871.