

Urodynamic investigation

Petter Day Treatment Unit
Tel: 01271 322722

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

What is an urodynamic investigation?

It is a detailed investigation into all aspects of your bladder function, recording its strengths and weaknesses.

Why is it needed?

To determine the cause of your bladder symptoms and enable your consultant to plan appropriate treatment and/or surgery.

What does it involve?

A nurse and a clinical physiologist will conduct your investigation. The number of staff involved will be kept to a minimum although occasionally, with your permission, a trainee may be present.

Your nurse will greet you and show you through to the investigation room. They will obtain some information from you, explain the investigation in detail and ask for your permission to proceed with the investigation. You will be given a hospital gown to change into.

At the beginning of the investigation, you will be asked to pass urine, in privacy, into a special toilet. Following this, we will perform an ultrasound scan to measure the amount of urine remaining in your bladder. This simply involves placing some special gel on your stomach and then using a device, resting on your skin, to take a picture of your bladder.

The investigation requires the use of two small catheter tubes that measure pressure and a third catheter tube, which is used to fill your bladder artificially.

We will apply a small amount of lubricating or local anaesthetic gel into your urinary passage (urethra). This sometimes gives mild discomfort (stinging). This will ease as the local anaesthetic starts to work.

One of the pressure catheters and the filling catheter will be inserted into your bladder. These catheters do not drain urine. The catheters will be gently passed up the urethra into the bladder. This will feel strange and may sting slightly as the catheters are inserted, but the feeling will quickly wear off. The second pressure catheter will be inserted into your rectum with lubricating gel. This should not cause any discomfort.

We may perform a further ultrasound scan at this time.

We will then begin to fill your bladder artificially with a saline (salty) solution via the filling catheter. We will continue to fill your bladder until you experience a strong desire to pass urine, at which point the filling catheter will be removed.

During the investigation we will ask you some questions about your bladder symptoms and relevant medical history. Your answers will help us to produce a detailed report for your consultant.

You may then be asked to do some gentle exercises in order to demonstrate your symptoms. If you are unable to do any of these exercises, the investigation will be adjusted to suit your ability.

Towards the end of the investigation, we will ask you to attempt to pass urine in privacy, into the specially adapted toilet, but this time while the catheters are in place. We will perform another ultrasound scan to assess whether your bladder has emptied normally.

The bladder catheter will then be removed using a special device that pulls the catheter out at a constant speed.

Finally we will remove the rectal catheter.

Occasionally, you may be asked to pass urine a further time after the catheters have been removed. If this is the case, we will perform another ultrasound scan following this.

How long will it take?

Please allow up to two hours for the investigation to be completed. Occasionally the investigation can take longer than planned. If your investigation is delayed, we will inform you as soon as possible.

Where is it done?

Urodynamic investigations are performed in the Procedure Room on Petter Day Treatment Unit, Level 0, Ladywell Unit, North Devon District Hospital. Although this is a gynaecology department, both male and female patients will have their tests here. When you arrive for your test, please report to reception on Petter Day Treatment Unit and take a seat in the waiting area. The nurse will call you when it is time for your investigation.

The car park for visitors is clearly signposted. Please do not park at the main entrance or on access roads as these need to be kept clear for ambulances and other emergency vehicles.

The bus services to and from the hospital stop at the main entrance and there is a timetable in reception. The staff at the reception desk will call a free-phone number for a local taxi service on request.

There is a disabled toilet available in the Unit.

What preparations are needed?

Please read your appointment letter and contact Petter Day Treatment Unit on 01271 322332 if any of the following are relevant:

- You have known drug allergies or an allergy to latex
- You experience recurrent urine infections
- You have special needs or a disability of which you would like us to be aware
- You are due for a period around the time of your appointment

You have been asked to fill in a chart recording the amounts of urine you pass. Please take time to do this as it will help us to obtain a more accurate diagnosis. If you have any concerns about filling in this chart, please telephone us on 01271 322722 for advice.

If you have symptoms of a urine infection leading up to your investigation, please arrange a visit to your GP to exclude or treat any possible infection. These symptoms may include cystitis, stinging and burning when passing urine, feeling feverish or having smelly or cloudy urine. If you are in any doubt or have any further questions regarding this, please contact us by telephone as soon as possible.

On the day of your investigation, please bring a fresh urine sample to your appointment.

It would also be helpful if you could bring in a list of your current medications.

If you are unable to attend for your investigation for any reason, please inform us by telephone as soon as possible so that we may offer the appointment to someone else.

It is important that you drink some extra fluid the day prior to and on the day of the investigation to ensure you are hydrated. It is also very helpful if your bladder is fairly full when you arrive.

How will I feel during the test?

The local anaesthetic gel used during the insertion of the catheters may sometimes give mild discomfort (stinging) in your urinary passage (urethra). This will ease as the local anaesthetic starts to work. Having the catheter passed gently into the bladder may also feel strange and sting slightly, but the feeling quickly wears off.

How will I feel afterwards?

You may feel slight stinging or burning when you pass water for a day after the test. These symptoms should improve quickly. You may also pass a little blood with the urine the first time you pass water.

There is a small risk of developing a urine infection after this test. If this happens, the stinging will get worse and you may become feverish. If this is the case, you should see your GP as soon as possible.

Following the investigation you will be given an advice sheet specifying how much extra fluid to drink over the next 48 hours – this only applies during the daytime.

Are there any risks?

There is an approximate 1% (one in a hundred) risk of you developing a urine infection afterwards.

Follow up

The findings of the test will be sent to your consultant who will arrange your appointment at the outpatient clinic. They will explain the findings of the investigation and discuss any further treatment with you.

Further information

If you have any further questions, please contact Petter Day Treatment Unit on **01271 322332** and ask to speak to one of the urodynamic nurses.

Useful websites

www.bladderandbowelfoundation.org

patient.info/health/urodynamic-tests

www.nhs.uk/Conditions/Incontinence-urinary/Pages/Diagnosis.aspx

References

Royal Devon & Exeter NHS Foundation Trust Patient Information Leaflet - PS 19 076 001 : Urodynamic Investigation.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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