

**Where will I have my urodynamic test?**

The test is carried out in CQMI Mater Hospital or in the theatre.

**What is a fluoroscopic urodynamic test?**

A urodynamic study checks how your bladder works by taking pressure readings using computerized equipment. “fluoroscopic” means that X-rays are taken at the same time to give an outline of your bladder and urethra ( the tube that allows urine to pass from the bladder to the outside).

**What is the aim of the test?**

The aim is to reproduce your troublesome urinary symptoms so that further treatment can be accurately planned. This is important to remember, as some people are embarrassed and try to avoid “wetting” during the study. Do not be embarrassed. It is in fact very useful if you do lose urine during the study (if this is the problem for which you are having the test) as seeing how your bladder behaves as its worst provides your doctor with more information.

**Who will carry out the test?**

A specialist nurse or assistant and/or a doctor carries out the test. The Mater is a teaching hospital and occasionally nursing and medical students attend the clinic.

**How do I prepare for my urodynamic test?**

Ensure you have completed a bladder diary

Ensure that you have had a recent urine specimen to check for urinary tract infection.

One week before your test:

If you are taking any medication for your bladder you must stop them seven days prior to the test. Some examples of such medicines are:

- Oxybutinin tablets (Ditropan) and patches (Oxytrol)
- Solifenacin (Vesicare)
- Tolterodine (Detrusitol)
- Fesoterodine (Toviaz)
- Trospium corllide (Regurin)
- Bethanechol chloride (Urocarb)

If you do not stop these medicines, your test will be cancelled as these medications will mask the problem we are trying to identify. If you are unsure of which medicines to stop, please phone the department. However, you must carry on with any other medication you take for other conditions (including warfarin and aspirin).

On the day of the test:

You can eat and drink normally on the day of the test.

It would be helpful if you arrive for your test with a comfortably full bladder. However, we understand if you have problems holding on and the test will still go ahead as planned.

As no sedation is given, you can drive yourself to and from the appointment.

**What happens during the appointment?**

You will be asked to undress from the waist down, change into a hospital gown and asked to pass urine in to a specially adapted toilet that measures your urine flow. We will test your urine. If there is an infection we will not be able to perform the test. We will give you antibiotics and rebook the test.

You will be asked to lie on the examination bed. Next, two very slim catheters (small tubes) will be passed into your bladder and one into your rectum (back passage). These will enable us to measure the pressures both inside and outside your bladder.

The catheters will be connected to a computer to measure the pressure in the bladder. The bladder tube is also used to gently pump fluid into the bladder rather than waiting for your bladder to fill it up normally again.

During the filling stage we will ask you about the sensations you are having and these are recorded on the computer.

During the test you will be asked to cough, strain and pass urine to determine how your urinary tract functions. Remember that it is expected that you may leak urine during the test-don't be embarrassed by this as it will be help work out what the problem is.

We are attempting to recreate what happens to your bladder and mimic the symptoms you experience. At the end of the test you will empty your bladder in the special adapted toilet, the tubes will be removed and you can get dressed.

After the procedure you will be given a dose of antibiotic tablet to reduce the chance of urinary tract infection. You will need to stay for a short while to check that you can pass urine easily after the test.

**How long will it take?**

The actual test takes about 30-40 minutes. However, the preparation time can take longer and you should allow at least 2 hours.

**Does the test cause any pain?**

Local anaesthetic gel is used to numb the area before inserting the tubes but you may feel a little discomfort or stinging when we insert the catheter into the bladder but this will pass in a few seconds. Most patients find that the test is not as unpleasant and better than they had anticipated.

**It is safe?**

Although very safe, there are a few situations in which the study is not recommended or may need to be modified. Tell the doctor if:

- You are allergic to iodine or X-ray contrast.
- You are allergic to any antibiotics.
- You are pregnant or could be pregnant.

**Are there any risk associated?**

Generally is a very safe test with a low rate of complications. However, the following can occur:

- Burning discomfort when you pass urine for up to 24 hours following the test, can resolved with an increased fluid intake and, if required, use of Ural sachets and paracetamol.
- Blood in the urine -which is usually temporary and clears with and increased fluid intake
- Very rarely a urinary tract infection can develop following the test (1% of patients). If you have symptoms of infection (with marked increase in urinary frequency, pain on urination, urgent urination or high temperature) , please inform your doctor or your GP as you may need treatment with antibiotics. The rate of urine infection is reduced by the antibiotic you receive after the test.

-Rarely, difficulty in urination which can result in the need for a temporary catheter.

We advise you drink plenty of fluids once you go home and will be able to resume all your normal activities immediately after the test.

### When will I get the results?

The doctor will explain the results on the day, but a follow up appointment is necessary to discuss in more detail and properly plan your treatment.

### Important information about your appointment

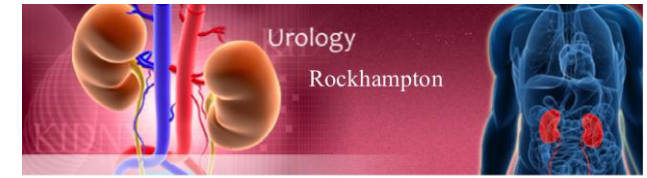
If you cannot attend your appointment, please call the office to reschedule on

## YOUR URODYNAMIC TEST

This leaflet aims to help answer some of the questions you may have about having a urodynamic test.




If you have any questions or concerns after you have read this leaflet, please contact our office.



# YOUR URODYNAMIC TEST


## INFORMATION FOR PATIENTS




**MATER HOSPITAL**  
Rockhampton QLD 4700  
**ROCKHAMPTON UROLOGY**

**Dr Antonio Vega Vega**  
M.B.B.S., PhD, FRACS (Urol)  
UROLOGIST

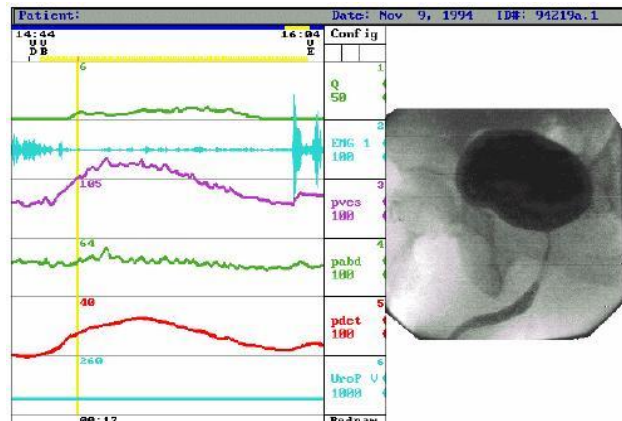
**Ph: (07) 4931 3324**  
**Fax: (07) 4931 3360**




**FRACS**  
Fellow of the  
Royal Australasian College of Surgeons



UROLOGICAL SOCIETY OF  
AUSTRALIA AND NEW ZEALAND







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