

## URODYNAMICS BLADDER TEST

An appointment has been made for you to have this test to assess the cause of your bladder problem. **Please arrive with a comfortably full bladder.**

### WHAT IS URODYNAMICS?

Urodynamics is a test that looks at why you may have urinary leakage (incontinence). Urinary incontinence has a number of different causes. Treatment will vary with the type of incontinence. This test will help ensure you have the best treatment for your symptoms. Before any surgery is considered, urodynamics testing must be performed. Sometimes, women who have prolapse will also need to have urodynamics testing before they have surgery.

### PATIENT INFORMATION

The test will take approximately 60 minutes to complete. It is not painful, but you may find it a little embarrassing.

You will be asked to pass urine into a special toilet in private.

Fine tubes (catheters) will be inserted into your bladder and back passage which will record pressure readings in your bladder and abdomen throughout the test.

Your bladder will be filled with sterile water until you feel the need to urinate.

You will be directed to cough at various stages during the test.

At the end of the test, you will be allowed to empty your bladder again.

A small telescope will be passed into the bladder to look inside the bladder to check for any abnormalities.

### PATIENT INSTRUCTIONS

Please arrive for your appointment with a **comfortably** full bladder.

It is not necessary for you to drink lots of water before your appointment, as you may find it difficult to hold on.

You may eat and drink normally on the day of your test.

You may shower normally on the day of your test.

You may drive and travel normally before and after the test.

The test can be performed if you have your period, please use a tampon if possible.

You can download the Consent Form for Urodynamics to bring with you.

### AFTER THE TEST

There is a small risk of urinary tract infection after this test (less than 1%), so we advise you to increase your fluid intake for 24 hours after the test. If you are concerned that you may have an infection, please see your own local doctor or call Dr Higgs' rooms on 5315 5361.