



Urodynamic studies

Patient information

What is urodynamics?

Urodynamics is a test that looks at the behaviour of the bladder. There are different types of urinary incontinence and they require different treatments.

This test will help ensure you have the best treatment for your bladder.

Preparing for your test

Your test will be conducted at the Urology Clinic, at the KEMH Centenary Clinic in Subiaco.

You are required to do a urine test at a PathWest collection centre. The request form is enclosed. Please complete this three weeks before your appointment.

Confirm your attendance at this appointment immediately by phoning 1300 855 275 between 8.30am and 3pm.

If you are unable to keep this appointment, please advise immediately so we can allocate this time to another patient.

Stop taking any bladder therapy medications five days before your appointment as they may interfere with the accuracy of the test.

These medications may include:

- Ditropan
- Vesicare
- Proanthene
- Endep
- Tofranil

You can continue to take medication after completion of the urodynamic studies. Note: If you are taking any medications for depression, do not stop taking them. If you are unsure please contact your medical practitioner or the Urology Clinic. If you have frequent urinary tract infections or feel you have symptoms of a urinary tract infection, contact the urology nurse consultant on (08) 6458 2222 pager 3587, Monday to Friday, 8am to 3pm to discuss.

On the day of your test

- Arrive for the appointment with a comfortably full bladder.
- One hour before your appointment, drink two glasses of water. Do not empty your bladder.
- You may eat and drink normally on the day of your test.
- You are attending this clinic because you have a bladder or prolapse problem. Do not feel embarrassed or upset if you have difficulty controlling your bladder during the test.



What happens during the test?

1. The test will take approximately 45 – 60 minutes to complete. It is not painful but you may find it a little uncomfortable.
2. You will be asked to empty your bladder in private into a special toilet.
3. Fine catheters will be inserted into your bladder and vagina to record pressure readings in your bladder throughout the test.
4. Your bladder will be filled with sterile water until you feel the need to pass urine.
5. You will be directed to cough at various stages during the test.
6. At the end of the test you will be allowed to empty your bladder again.

After the test

Occasionally some women develop a urinary tract infection after this test, so we advise you to increase your fluid intake for 24 hours after the test. You will be given instructions for bladder care. If you are concerned that you have an infection, please see your GP.

Further information

The Urology Clinic is located at the KEMH Centenary Clinic off Hensman Road in Subiaco. If travelling by car, it is advisable to allow extra time to find a parking space.

It is not advisable to bring children to this appointment. Supervised care is available at the hospital crèche.

Interpreters are available by appointment to assist you on the day of the test. Advise the appointment clerk when you are confirming your appointment if you require assistance from an interpreter.

