

Norfolk Physiology Unit Centre Block, Level 2

Ambulatory Urodynamics – Information for Patients

Please make sure you understand and follow these instructions – otherwise your test may need to be postponed and a new appointment arranged. Please be aware that this causes delays for other patients. If you need to cancel/re-arrange your appointment, please give as much notice as possible so we can offer your appointment to another patient.

What special preparation is there?

No special preparation is needed but we ask you to attend reasonably well hydrated. To do this you need to drink an extra pint of watery fluid i.e., water or squash (not tea or coffee) for the two days prior to the test if possible. You may also be asked to complete a 'frequency volume' chart for a few days before attending. This involves measuring and recording the amount of fluid you drink, and the amount of urine you pass. This gives us valuable information to aid your diagnosis. **If you do not complete the chart then your test may have to be postponed until you have completed one.** We would suggest you wear separate 'tops' and 'bottoms', e.g., skirt and blouse, trousers and shirt.

Medication:

If you are taking any medication for your bladder problem, you should **discontinue it for 7 days prior to your test date** (this includes over the counter and herbal remedies). If, however, you are a male patient taking medication for a prostate problem, you may continue to do so.

Why do I need this test?

You may have recently attended for a standard urodynamics test which looked at the way your bladder functioned during filling and emptying. Unfortunately, the test did not reproduce your symptoms and/or no abnormality to explain your symptoms was found.

We recognise that conditions during such tests are somewhat artificial and that symptoms do not always occur on demand.

What is Ambulatory Urodynamics?

Ambulatory urodynamics is a test that looks at the way your bladder works in a more natural way. You will be asked to attend the Norfolk Physiology Unit as an outpatient. **Please be prepared to remain at the hospital for four to six hours.** When you arrive, please report to the receptionist who will check your details etc. and inform the investigator that you have arrived. **Please refrain from visiting the toilet, as you will be asked to pass urine into a special toilet.** If you have an urgent need to empty your bladder, please inform the receptionist.

The special toilet records the rate at which your urine flows and the amount you pass. A clear explanation will be given about the procedure.

You will be asked to undress from the waist down and lie, covered with a 'modesty' sheet, on an examination couch. Every effort will be made to preserve your privacy and dignity during the procedure. After cleansing the genital area, two fine tubes are then passed, one into the bladder and one into the rectum (back passage). The bladder tube measures pressure within your bladder. The other measures abdominal pressure in the back passage, this is usually placed with the aid of the investigator's finger. We will also ask you to wear an 'electronic' continence pad which will record any leaks. These are all connected to a special recorder box, worn like a shoulder bag. After getting dressed again, you will be able to walk around the hospital eating, drinking and going to the toilet as normal. We will ask you to return to the Unit regularly to check that everything is working correctly. You will need to stay in the hospital until you have been to the toilet at least twice and have experienced your symptoms. We will also ask you to record when you pass water, experience urgency etc. and what you are doing at the time.

You are advised to bring a change of lower clothing with you in case it is needed.

At the end of the test the investigator will remove the tubes and pad and may discuss the findings with you, though a full diagnosis may not be made, or treatment started until you see your consultant following all your tests. Your consultant will write to you and your GP after the test.

Are there any after effects/risks associated with urodynamics?

Some patients can experience mild discomfort in the form of burning and discomfort on passing urine following the test. Some people experience blood in their urine. Rarely, an infection in your urine may result; to minimise the chances of this occurring you need to drink an extra pint or two of watery fluid (not tea or coffee) a day for the two days following the test. If symptoms persist, please contact your G.P. There is a risk of inability to pass the catheter into your bladder and the procedure being abandoned. There is a very small risk of retention of urine requiring a temporary catheter to be put in your bladder. There is also a small possibility of failure to find the cause of your symptoms, requiring a possible repeat of the test at a later date.

If you have any concerns or questions about these tests, please telephone the Unit on 01603 288281.

