

Local Contact Details

PriMUS

Primary care Management of lower Urinary tract Symptoms in men: Development and validation of a diagnostic and decision-making aid.

Urodynamics

Introduction

What is urodynamics testing?

Urodynamics is a test used to measure your bladder pressure and identify the precise cause of your urinary symptoms. This will take place at your GP practice or another practice in your local area and will be performed by a trained research nurse. The test is being done as part of the PriMUS research study that you have agreed to take part in.

Why is the test necessary?

The normal bladder stores urine and then expels it at a convenient time following instructions from the brain. Your symptoms suggest that your bladder may not be working properly and this test helps us to find out why by measuring activity of the bladder as it fills and empties. To do this we need to recreate your symptoms in the clinic by filling your bladder artificially.

Before your procedure

Is any preparation needed?

It is important that you drink plenty of fluid on the day of the test and the day after. It is very helpful if your bladder is fairly full when you arrive and that if possible you open your bowels before you come for the test. If you think that you may have a bladder infection you should let us know before the test.

During your procedure

How is the test done?

The test takes between 20 and 40 minutes to perform. On your arrival you will be asked to change into a gown.

First, if possible, you pass urine into a modified toilet that measures urine flow rate. Following this your bladder will be scanned with an ultrasound machine to see if any urine is left.

You will then be asked to lie down on a couch and a small amount of local anaesthetic jelly will be introduced into your urinary passage.

Following this a fine, soft tube (catheter) will be gently passed into the bladder. This is usually only associated with a short feeling of mild discomfort. A second thin tube will then be inserted into your back passage to measure pressure changes in your abdomen during the test.

Once the catheters are in place, your bladder will be filled slowly with saline (salt water). Whilst your bladder is filling, the nurse will be with you and will ask about how your bladder is feeling.

When your bladder starts to feel full we may ask you to cough or move around to see if there is any leakage. Once your bladder is full you will pass urine as you normally would, except the catheters will be present, again into the modified toilet that measures urine flow rate. Once you have finished, your bladder will be scanned again with the ultrasound machine to check if any urine is left.

The tubes will then be removed and you will be ready to get dressed and return home. The nurse may speak to you about the results before you go.

After your procedure

Will there be any problems afterwards?

It may sting when you pass your water for a few hours or in some cases up to a day or so after the test, but this usually improves quickly. You may also pass a little blood with the urine the first time you pass water.

About 5% (5 in a hundred) of patients who have this test get a bladder infection (cystitis) afterwards. If this happens the stinging will get worse and you may feel unwell. If this occurs you should see your GP as soon as possible and explain the situation.

If you are at very high risk of getting an infection you may be given a short course of antibiotics to take when you leave, but this is rare.

When will I be told about the results?

The nurse specialist may briefly explain the results on the day of your test. A written report of the results will be sent to the PriMUS research team and to your GP . for treatment and management options. If you would like to receive a copy of this written report, please let the research nurse know and they will be able to arrange this for you.

What if I have any other questions?

It is very important that you know the reason for the test and that you are happy for it to be performed. If you have any queries you can ring the nurse specialist on [Tel.....].