



# URODYNAMICS BLADDER TEST

This fact sheet is for women who are patients of the Royal Women's Hospital that are having an urodynamics bladder test to investigate their bladder problems.

## What is urodynamics?

Urodynamics is a diagnostic test to assess female urinary incontinence and lower urinary tract dysfunction. It will assist your doctor in the management of your bladder symptoms.

## About the test

- The test will take approximately 30 minutes to complete. It is not painful, but there may be a small amount of discomfort. You will be asked to empty your bladder in private, into a special toilet.
- Soft, fine tubes will be inserted into your bladder and back passage to record pressure readings in your bladder throughout the test.
- Your bladder will be filled with sterile water until you feel the need to urinate.
- You will be asked to resist the urge to pass urine
- You will be asked to cough at various stages during the test.
- At the end of the test, you will be asked to empty your bladder again.

Please remember, we are very experienced and trained to support you through this procedure. We will try to make this as easy as possible for you. No children or family members are permitted in the room during the test.

## Preparing for the test

- 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.
- Please shower normally on the day of your test.
- Please feel free to ask any questions or discuss any concerns you may have prior to or during the test.
- Please arrive on time for your appointment.

## After the test

There is a small risk of developing a bladder infection after this test, so we advise you to increase your fluid intake for 24 hours. If you are concerned that you may have an infection, please see your own local doctor or you may attend emergency at the Royal Women's Hospital or your closest emergency department.

### For more information and advice

#### Urogynaecology Pelvic Floor Service

Continence Nurse Advisor

The Royal Women's Hospital

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