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

What is urodynamics?
Urodynamics is a scientific test to assess female urinary incontinence and lower urinary tract dysfunction. It will provide you and your doctor with an accurate diagnosis. The diagnosis will help your doctor to advise on how your problem should be managed.

About the test
- The test will take approximately 30 minutes to complete. It is not painful, but you may find it a little embarrassing. 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 cough at various stages during the test.
- At the end of the test, you will be asked to empty your bladder again.

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.

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 after the test. 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
Midwife and Continence Advisor
The Royal Women’s Hospital
Tel: (03) 8345 2000

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