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To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ دہن ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Urodynamics

Department of Urogynaecology

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Contact Information

This leaflet is intended to give you additional information to that received from a healthcare professional.

If you would like any further information, or would like to discuss the test, please contact the:

- Urogynaecology Nurse Specialist
01932 722124

Please leave your name and contact number with a short message and we will return the call as soon as possible (although this may not be the same day).

Introduction

Urodynamic investigations look at the function of your bladder and its relationship to the pelvic floor. This is usually performed by the Urogynaecology Nurse Specialist and will provide your Consultant with information on how your bladder fills and stores urine; and subsequently empties.

Before you arrive

Please complete the enclosed fluid diary. It is important to be as accurate as possible with your measurements and fluid intake needs to reflect **your normal** day-to-day habits. This will help us to see how your bladder functions in everyday life. We will use this information alongside your symptoms and the results of test.

The following medications **may** affect test results.

PLEASE STOP TAKING THEM TWO WEEKS BEFORE YOUR APPOINTMENT UNLESS YOU HAVE BEEN TOLD OTHERWISE.

- Tolterodine / Detrusitol
- Fesoterodine/ Toviaz
- Trospium Chloride/ Regurin
- Darifenacin/ Emselex
- Propiverine / Detrunorm
- Solifenacin/ Vesicare
- Oxybutynin / Ditropan / Lyrinel / Kentera patch
- Mirabegron
- Duloxetine / Yentreve - must be reduced slowly over 4 weeks

PLEASE NOTE should **NOT** be stopped if previously prescribed for non-bladder related conditions.

- **Amitriptyline – must be reduced slowly**

PLEASE NOTE - should **NOT** be stopped if previously prescribed for non-bladder related conditions

DO NOT STOP ANY OTHER PRESCRIBED MEDICINES

We are unable to perform the test if you have a urine infection. If you suspect that you have an infection, please visit your GP and have your urine tested and, if necessary, treated. We will re-book the appointment once the infection has cleared.

Test Procedure

You may eat normally prior to the test. The test takes approximately 45 minutes. **Please remember to arrive with a comfortably full bladder.** You will be asked to empty your bladder into a special commode (flowmeter) - in private - to assess your urinary flow. Your urine will then be tested to exclude urinary infection.

A small catheter with a pressure line connected to it will be passed into your bladder via the urethra (water pipe). A small pressure line is also inserted into your back passage, or vagina. This is to measure the pressure within your abdomen. Having these tubes inserted is not painful but you may find this a little uncomfortable. Once they are in place, the bladder is filled with

sterile fluid via the catheter. The pressure lines allow us to monitor how your bladder behaves during filling thus providing an understanding of your bladder sensation.

When your bladder is full, the filling catheter will be removed leaving the pressure lines in place. You will be asked to stand, cough, bear down and listen to running water to test the bladder further. You will then be asked to pass urine in the flowmeter. Both pressure lines from the bladder and back passage will then be removed.

During the investigation every effort will be made to ensure a minimum of discomfort and a maximum of privacy. With your consent, a doctor/nurse who is training in Urodynamics may be present.

Following the test

You may find passing urine slightly uncomfortable and more frequent for the next day or two. We recommend that you increase your fluid intake for the following 24-48 hours. This will flush out your bladder and help prevent infection. Should you develop a burning sensation on passing urine that does not subside after 48 hours and/or a fever, you may have developed a urine infection. You should contact your GP surgery and inform them that you have recently had a Urodynamics test. A course of antibiotics may be necessary.