Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Urodynamics-Women

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Urodynamics-Women

Patient Information

Women’s Health Unit, Leigh Infirmary

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What are Urodynamic studies?

Urodynamics is a urinary bladder investigation, which is carried out on the Women's Health Unit. Urodynamic studies are carried out to assess bladder function. Changes in bladder pressure during filling and during emptying are recorded on a special computer. This is used when assessing bladder symptoms and incontinence. The test takes approximately 40 minutes to complete.

How is this carried out?

- You will be asked to attend with a full bladder on arrival for the investigation.
- You will then be asked to empty your bladder in our special toilet so that we can record your flow rate.
- You will be asked to change into a gown and remove your lower garments.
- A small catheter is passed along the urethra up to the bladder and secured with tape on the top of your leg as it is important that the catheter remains in the bladder during emptying.
- It will be necessary to clean the opening of the urethra to prevent infection.
- Local anaesthetic gel is then inserted into the urethra; the gel also contains antiseptic, and this can sting for a few seconds when the catheter is inserted.
- The catheter has 2 sections: one to record bladder activity and one to fill the bladder with Saline solution.
- Another small catheter is inserted into the vagina or the rectum to record abdominal pressure changes, this is necessary to assess if these changes are affecting the bladder.

- The bladder is then filled slowly with the saline solution. You will be asked various questions regarding bladder sensation and/or, depending on your symptoms, you may be asked to stand up to carry out some gentle exercises.

- It is important to accurately record what is happening in your bladder and this can mean that on occasion we will make you leak, especially if this is one of your symptoms; this is only the saline solution that we are putting into your bladder.

- Once you feel that your bladder is full you will again be asked to empty your bladder but this time the catheters will remain in the bladder to record bladder activity during emptying.

- The catheters are then removed, and the test is completed.

Benefit

- The main benefit of having this procedure is to establish a diagnosis to your symptoms and help to plan your treatment.

Alternatives

- There are no alternative investigations to urodynamics; this is the best diagnostic tool available to establish a diagnosis.

Risks

- There is a small risk of urinary tract infection.

- There is a small risk of bleeding following the insertion of urethral catheter.

Advice following procedure

- Drink more fluids, approximately 1 to 2 pints; this will help to reduce the risk of infection.

- You may experience some discomfort when passing urine for up to 24 hours following the procedure; this should settle.

- If the discomfort persists, contact us on the number provided. You may need to send a specimen of water to the laboratory for examination.

- If you notice any bleeding this is also nothing to worry about, but if this has not settled within 24 hours contact us on the number provided.

Contact Details

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