Introduction
A urodynamic test has been arranged to help find out the cause of your bladder symptoms. This leaflet aims to answer some of the most commonly asked questions about the procedure.

What is Urodynamics?
This is an investigation used to find out how your bladder behaves by measuring pressures within and around your bladder. The results will help your consultant to determine the best form of treatment for you. This may mean surgery, although many problems can be treated with tablets and special exercises.

Where will the test take place? ~ Women’s Diagnostic Unit, Ground Floor, Nelson Ward, Caerphilly District Miners' Hospital, St Martin’s Road, Caerphilly.

There are urodynamic departments’ at all three sites within the Aneurin Bevan Health Board. To determine which clinic you are to attend please refer to your appointment letter.

Do I need to do anything before I come to the clinic?
Continue to take your normal medicines up to and including the day of your test. However, if you are taking tablets for your bladder symptoms, for example:-

- Oxybutynin
- Detrusitol
- Ditropan
- Propantheline
- Flavoxate
- Urispas
- Trospium Chloride
- Solifenacin
- Duloxetine

You should stop taking the tablets for 2 weeks before your test.

If you have had a heart murmur or a replacement heart valve or you normally have antibiotics prior to dental treatment please contact your GP prior to the test to arrange antibiotic cover.

You will be sent a fluid input/output chart to complete. It is very useful for us to know how much you drink and how often you pass urine. If you leak we would also like to know how often this happens. We appreciate that it may be difficult to fill in this chart at work. If you are unable to measure urine at work you can just record the time. Please read the instructions carefully and fill in the fluid chart for at least 3 days in millilitres.

**PLEASE BRING THE CHART TO THE CLINIC WITH YOU.**

**What happens when I attend the clinic?**
Please arrive promptly for your appointment with a comfortably full bladder. If you cannot ‘hold on’ when you arrive at the department, please tell the nurse in the clinic or ask the receptionist to tell the nurse. We will do our best to accommodate your needs. The test takes approximately 45 minutes and the procedure will be explained to you.

The first thing we ask you to do is pass urine into a special toilet - this is called a flow meter and this simply measures how much urine you pass and what your flow is like.

The nurse will then put 2 thin plastic tubes in place. One allows us to fill your bladder with clear fluid and measure the pressure within your bladder as it fills. The second is placed a little way into your back passage. The information from those tubes is relayed to a computer and you will be able to see what is happening on the computer screen if you wish to. Your bladder will slowly be filled with a clear fluid and we will ask you to tell us how your bladder is feeling, e.g. when you would normally want to go to the toilet. When your bladder feels full we shall stop filling and ask you to pass urine again in our special toilet. The remaining tubes will be removed and you will be able to get dressed.
Either the doctor or the nurse will explain the test results to you and answer any questions as far as possible. Further management will also be discussed.

**It is important to let us know if you need to change or cancel your appointment. We will then be able to offer another patient your slot.**

**What happens after the test?**
You can go straight home after the test and it is safe for you to drive.

**Are there any risks?**
Following urodynamics a small number of patients may experience minor problems. The most common are frequency, i.e. passing water more often, traces of blood in the urine and a slight discomfort when passing urine. There is also a small risk of developing a urine infection. Your urine is examined prior to the test and if an infection is suspected the test will be postponed.

After 24 hours if you are having difficulty passing urine or if your urine remains blood stained contact your GP for advice or call NHS Direct on 0845 46 47 available 24 hours a day.

**What are the benefits?**
This test allows your consultant to make an accurate diagnosis of your condition. They will then be able to offer you the right treatment which should help you return to a more active and social lifestyle.

**What if I have more questions?**
Please remember that although the procedure sounds uncomfortable and embarrassing you have overcome the most difficult part by telling your GP/doctors about your problem. Aneurin Bevan Health Board employs specialist nurses who are able to help you and talk to you about your problem, they can also answer any questions you have about the test.
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