Urodynamics

Patient information

What is a urodynamics test?
Urodynamics is a test that looks at why you may have urinary leakage (incontinence).

Urinary incontinence has a number of different causes. Treatment will vary with the type of incontinence. This test will help.

This test will help ensure you have the best treatment for your symptoms. Before any surgery is considered, urodynamics testing must be performed.

Sometimes, women who have prolapse will also need to have urodynamics testing before they have surgery.

Where will the test be performed?
Please present yourself 10 minutes before the appointment at Sunshine Coast University Hospital, Level 1 Clinic 2.

Patient information
The test will take approximately 60 minutes to complete. You will be asked to pass urine into a special toilet in private.

Fine tubes (catheters) will be inserted into your bladder and back passage which will record pressure readings in your bladder and abdomen throughout the test.

Your bladder will be filled with normal saline until you feel the need to urinate.

You will be directed to cough at various stages during the test. At the end of the test, you will be allowed to empty your bladder again.
Will the test cause any pain or discomfort?

- you may experience some discomfort while the catheters are being inserted and during the filling phase of the test
- you may find it a little embarrassing
- after the test you may experience some irritation to the urethra caused by the catheter.

Patient instructions

- please arrive for your appointment with a comfortable full bladder
- it is not necessary for you to drink lots of water before your appointment, because you may find it difficult to hold on
- you may eat and drink normally on the day of your test
- you may shower normally on the day of your test
- you may drive and travel normally before and after the test
- the test can be performed if you have your period, please use a tampon if possible.

What happens after the test is completed?

- once you have changed into your clothing, you will have a brief discussion with your nurse, then you will be able to go home
- there is a small risk of developing a urinary tract infection following the test
- to minimise any risk of an infection, please drink up to 1500 mls of water for the next 24 hours after your procedure
- if you experience any burning, stinging and symptoms of frequency consult with your General Practitioner.

Follow up appointments

You will be contacted for your follow up appointment to discuss your results and further management.