



What to Expect during the Urodynamic Study

- Your urodynamic appointment is scheduled for 45-60 minutes. The study is done in the GP Practice and does not require pain medication or sedation.
- If you are taking any medication for urinary frequency, urgency, or leakage, you will need to discontinue this 48 hours prior to your appointment.
- If you have tested positive for a urinary tract infection (UTI), or you have symptoms of a UTI, please advise us, and your test will be rescheduled until after treatment.
- Avoid caffeine on the day of the study.
- Please come with a comfortably full bladder. At the start of the test, you will need to empty your bladder in a special chair. Therefore, we ask that you make every attempt to come into the clinic with a comfortably full bladder.
- After you have emptied your bladder, an ultrasound will be performed to check residual volume. Depending on the volume left in your bladder, an in-out catheter may be used to empty it completely.
- If you have symptoms of prolapse, the doctor will perform a vaginal examination.
- Then two small tubes (catheters) will be inserted into the body: one goes into the bladder and the other goes into the rectum. The bladder catheter will be used to fill the bladder with water as well as measure pressure in the bladder. The rectal catheter will measure the pressure in your abdomen. If required, a vaginal catheter will be used instead of the rectal catheter. The doctor will discuss this with you.
- Sterile local anaesthetic gel will be used for bladder catheter insertion and lubricant gel will be used for rectal/vaginal insertion. Any slight discomfort you may feel from the catheter insertion should go away within a few minutes.
- The doctor will monitor your bladder function, urethral function, and abdominal pressures during the test.
- As your bladder is slowly filling with water, you will tell the doctor when you feel the need to urinate, and how urgently.
- You will also be asked to cough and bear down during the test to mimic the symptoms you are experiencing.
- When you state that your bladder is full to capacity, the water will be turned off.
- A couple of additional quick tests may be performed to aid your doctor in diagnosing and treating your condition(s).
- After the test, you will be asked to empty your bladder.
- The catheters will be taken out when the test is over.
- You may experience minor discomfort where the catheters were placed, but this will only last for a few hours. A warm tub bath may help ease discomfort.
- It is also important to increase your fluid consumption over the next 24 to 48 hours to reduce the risk of developing a urinary tract infection.
- You will be given a URAL Effervescent Powder sachet to dilute in water to drink. This makes the urine less acidic, which provides relief from the painful burning symptoms while urinating.
- After the tests are completed, you should continue your regular diet, medications, and activities unless given other instructions by the doctor.

The results of your study will be sent to your Referring Doctor to discuss with you.

Address: Suite 1 / 1 Guest Ct, Eli Waters QLD, 4655 Eli Waters Medical Centre

For any info please call (07) 4128 4563 and ask for Dr Jennifer Ludwig

Patient Fact sheets and more information available online www.widebayuds.com.au