

# Urodynamic Studies



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This brochure describes your care before, during and after your Urodynamic Studies appointment. This appointment will be at the Urology Clinic located in Centenary Clinic at King Edward Memorial Hospital for Women (KEMH).

Urodynamic Studies is a special investigation to measure bladder function. The results are used to identify and treat the underlying causes of urinary incontinence and bladder dysfunction.

## One week before your appointment

1. Confirm the appointment  
Please confirm your booking one (1) week before your appointment by phoning **(08) 9340 1355** between 8.30am and 11.30am.  
If you are unable to keep this appointment please call at least 48 hours in advance of your appointment so we can use this appointment for another woman.  
*Failure to confirm your booking will result in automatic cancellation.*
2. Avoid other commitments on the day  
Urodynamic Studies can take some time so please avoid making other commitments on the morning of your appointment.
3. Arrange child care (if applicable)  
It is not advisable to bring children to the appointment. Please arrange suitable childcare. For your convenience the KEMH creche is available at the hospital between 8.00am and 4.00pm.
4. Stop bladder medications  
If you are taking bladder therapy medications, stop taking them five (5) days before your appointment. Medications include anticholinergics such as Ditropan, Probanthene, Tofranil and Endep. This is to ensure accurate test results. You can continue to take these medications after the completion of the Urodynamic Studies.  
**Please Note:** If you are taking any of these medications for depression, please **do not stop** taking them. If you are unsure please check with the Urology Clinic or your medical practitioner.
5. Continue taking other prescribed medications as usual.

## On the day of the appointment

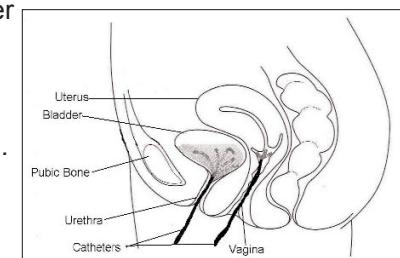
1. You may eat and drink before the procedure.
2. Please bring all your medications to your appointment.
3. Attend your appointment with a full bladder.
4. The Urology Clinic is located in the Centenary Clinic Building at KEMH. A map is provided on the back page of this pamphlet. If travelling by car, it is advisable to allow extra time to find a parking space.

5. Please inform the nurse if you have had a heart valve replacement, any heart valve abnormality or Rheumatic Fever. If you have any of these conditions you may need to take antibiotics prior to the procedure to prevent infection.

## What happens during the test?

The test is described as being uncomfortable but not painful.

1. You will be asked to sit on a special chair to empty your bladder. This measures the volume of urine your bladder holds.
2. At the appointment, a specimen of urine is collected to make sure you do not have a bladder infection. A bladder infection may cause inaccurate results.
3. You will be asked to lie back as pictured.
4. Catheters, which are fine tubes, will be inserted into your vagina, through your urethra and into your bladder. The catheter registers the pressure exerted by the muscles involved in bladder control.
5. Fluid is inserted slowly into the bladder through the catheters to measure your bladder capacity and its ability to function.
6. You will be asked to empty your bladder when the test is completed.



## After the Procedure

1. You will be given ural sachets to take four times a day for the next two days. This will reduce the acidity of your urine and should prevent any stinging when you pass urine after the procedure.
2. You will be given a bladder diary to record your urinary patterns and bladder symptoms at home. You need to complete your bladder diary for four days in a row before your follow-up appointment at the Urology Clinic.
3. A follow-up appointment will be arranged for you with a Urogynaecologist to discuss your Urodynamic Study results and possible therapy options.