

# Urodynamics

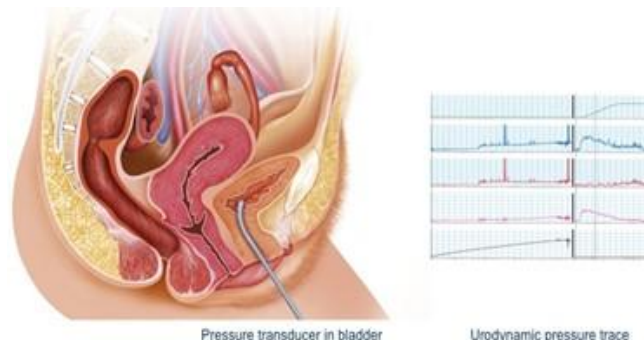
## What is urodynamics?

Urodynamics is the study of lower urinary tract function and how this relates to the person's urinary symptoms. It is a scientific study to assess abnormalities of the urinary tract function.

Urodynamics aims to help diagnose the underlying cause of the problems you are experiencing so that medical management can be directed to help the underlying cause.

Common urodynamic tests include:

- Uroflowmetry (flow rate) – a non-invasive test to measure how fast the bladder empties.
- Cystometrogram (CMG) – a test to measure the pressure in the bladder when it is filling and emptying.
- Bladder scan – an ultrasound to measure the quantity of urine in the bladder.



Sometimes a flexible cystoscopy, which is a procedure to look into the bladder by passing a telescope through the urethra (the tube you pass urine through), is done in conjunction with urodynamics.

A cystoscopy is performed to visually examine the bladder and urethra.

## Why is urodynamics required?

Urodynamics is used to assess incontinence, urinary frequency, urinary urgency, poor flow and poor bladder emptying.

## What does urodynamics involve?

Prior to the study a urine test is required to ensure that there is no infection present that may alter the results.

We need you to be awake for this procedure as your feedback and co-operation is required.

You can eat and drink as you normally would on the day of the study.

On arrival we will request you empty your bladder into a special machine to perform the flow rate.

Fine lubricated catheter tubes will then be inserted into the bladder and back passage. These tubes are essential as they measure the pressure inside of the bladder. This is generally the part most people find embarrassing.

Cystometrogram (CMG):

**Filling Stage:** The bladder will then be slowly filled. If imaging is required, a contrast dye will be used to fill the bladder. This allows your bladder to be seen on x-ray and your doctor can see how your bladder responds to being filled with fluid.

During this filling phase we ask you to cough and inform us of what you are feeling.

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This stage allows an assessment of the storage function of the bladder.

Emptying Stage: Next we ask you to empty your bladder again while measuring the pressure inside your bladder. Following this we do an ultrasound (bladder scan) to see how much urine is left in the bladder.

The emptying stage provides an assessment of the voiding function of your bladder.

## What is the recovery after a urodynamics?

There are no restrictions following urodynamics.

You may return to work straight away if desired.

## What are the risks of urodynamics?

The risks of this procedure include (but are not limited to):

### Common risk:

Some blood may be noticed in the urine initially. This usually settles after a few days. Ensure you maintain a good fluid intake to flush the blood out of the bladder.

### Occasional risk:

Anytime a catheter is placed there is a very small chance of developing an infection within the bladder.

If you experience an increase in how often you pass urine, have any stinging or develop a temperature, please contact Brisbane Urology Clinic or see your GP.

## What are the alternative treatment options?

The alternative to this study is to treat your symptoms without the information that this assessment provides.

**This is general information only. Please consult your doctor for more information and treatment options.**

**For appointments and enquiries please contact 07 3830 3300.**

