

Summary Points to Remember

- This service provides specialist assessment of bladder function

What is Urodynamics?

Urodynamics is a test designed to evaluate bladder function and to help diagnose the cause of various bladder symptoms including incontinence. The aim of urodynamics is to obtain more information about your bladder function to help achieve the best outcome in your treatment.

The test may be undertaken where the cause of the symptoms is unclear or where the initial treatment has not been successful. Your specialist may have requested this test to confirm diagnosis prior to possible surgery or to assess the effectiveness of a treatment program.

What is fluoroscopic or video urodynamics?

Fluoroscopic or video urodynamics allows some aspects of the procedure to be seen on X-ray. As such the test is performed in the Radiology department. This is the usual method used unless it is likely that you are pregnant or you have a known allergy to the fluid used to fill the bladder.

What will happen at the clinic?

- **Allow 2 hours for your appointment**
- If you need to go to the toilet to empty your bladder when you arrive for your appointment please let someone in reception know. Otherwise hold on till you are called. You will be asked to empty your bladder into a special toilet that measures the urine flow
- A fine tube called a catheter will be passed into your bladder through the urethra. Your bladder will be drained of any residual urine. It is normal to feel the tube going in, but anaesthetic lubricant will be used to dull this sensation where necessary
- The catheter will then removed and replaced with a finer catheter. In some cases a similar fine catheter may also be passed into the back passage to help interpret information obtained from the bladder tube
- The catheter will be removed at the end of the procedure. It is essential you are fully awake for the procedure. For most people the catheters are not uncomfortable and are very well tolerated
- Your bladder will then be filled with a fluid through the catheter and you will be asked questions about what you are feeling. During filling the catheters will be recording the pressure and activity inside your bladder
- You may be asked to do a number of activities during the test such as coughing or holding on to prevent urination
- After the bladder has been filled you will be asked to empty you bladder into a special toilet. The catheter usually stays in for this as the urine flows easily around the catheter

Are there any risks?

The test is very safe. There is a small risk of urinary infection and sometimes you will be given an antibiotic to prevent this. You may initially feel some burning when you urinate but this usually settles very quickly. You will be asked to drink extra fluid after the test to minimise any discomfort. If you have an "irritable" bladder these symptoms may be a little worse for a short period afterwards.

Do I take my usual medications prior to the test?

There are many medications that can potentially affect bladder function so please let us know before the time of your scheduled appointment what you are taking.

Please note:

- If you are taking a diuretic or “water tablet” (eg Lasix, Urex, Uremide, Dichlotride or Moduretic) do not take it on the day of the appointment
- If you are taking tablets to help your bladder control (eg Ditropan, ProBanthine, Vesicare, Detrusitol, Tofranil, Endep or Prothiaden) please stop these at least three, preferably seven days before your appointment unless otherwise stated by the Continence Physician

Do I need to confirm my appointment?

Yes - we usually confirm your appointment a day or so before the scheduled time.

If you are unable to attend please call 8387 2194 as soon as possible to let us know. If we are unable to take your call please leave a message. This will allow us to offer the appointment to the next person on the waitlist.

How much does it cost?

There is no charge for clients for this procedure.

How do I arrange an assessment?

Referrals are generally made by your GP or a specialist doctor directly to the Urodynamics Clinic (See contact details below).

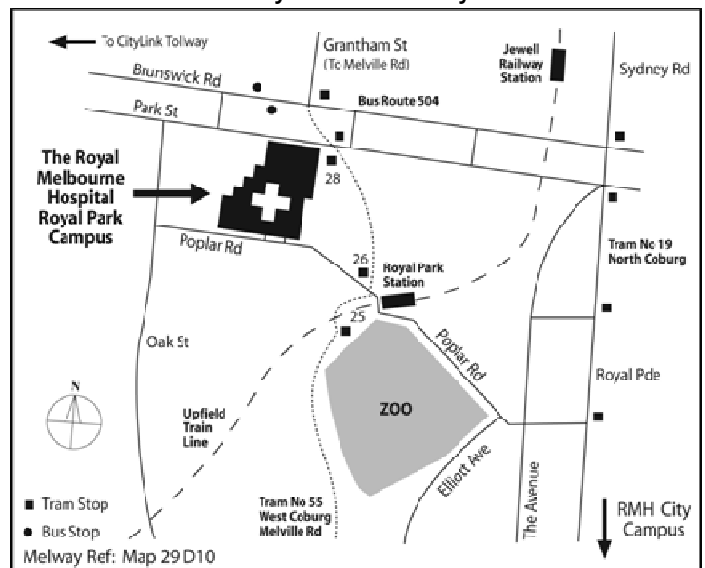
How do I get there?

The Urodynamics Clinic is based at:

Clinical Centre – Building 17
RMH Royal Park Campus
34-54 Poplar Road
Parkville 3052

Taxis can drop you off at the front of the Clinical Centre, RMH Royal Park Campus.

Car Parking is available at a cost of \$7 payable on exit with coins only. Disabled persons' parking is available close to the Clinical Centre. Enter via Poplar Rd via Gate Four.



Contact

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Carlton South VIC 3053

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Practitioner / Patient notes



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