

Urodynamics Test

Patient information leaflet

What is urodynamics?

- Urodynamics is a series of tests to understand how your bladder behaves.
- A thin tube called a catheter is used to measure the pressure in your bladder and abdomen.

Your urodynamics appointment

Before

1 You have been sent a Bladder Diary with your appointment letter. Fill this in the week before your appointment.



2 You cannot have the test if you have a urinary infection. If you think you might have a urinary infection, contact your GP for a test.



3 If you have a positive test result, please call us on 020 7288 3118 to rearrange your appointment.

4 If you are currently taking any medications (see box), call us on 020 7288 3118 as you may have to stop taking this medication 3 days before your test.



- Darifenacon (Emselex)
- Duloxetine (Yentreve)
- Oxybutynin (Kentera/Lyrinel)
- Solifenacin (Vesicare)
- Tolterodine (Detrusitol)
- Fesoterodine (Toviaz)
- Mirabegron (Betmiga)
- Tropsium (Regurin)
- Propiverine (Detrunorm)

5 Arrive to your appointment with a comfortably full bladder OR arrive early to drink water and fill your bladder at the clinic.

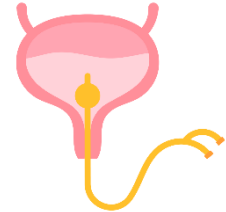


During

- 6** Your urodynamics appointment will last around 30 – 40 minutes



- 7** The clinician will use local anaesthetic on the skin around the entrance to the urethra, this will make the procedure more comfortable. They will then insert a catheter into your urethra and rectum.



- 8** The clinician will slowly fill your bladder with liquid.

- 9** You will be asked to stand up and cough.



- 10** You will then be asked to urinate into a commode to test the flow of urine.



- 11** The catheters will be removed, the test is over.

After

- It is normal to have mild discomfort when urinating for a few hours after the test.
- 1 in 100 women develop a urinary tract infection (UTI) following a urodynamics test. To prevent this, you should drink lots of fluids after the test.



If pain persists or becomes severe, seek help from your GP or visit your local emergency department.

My Diary

Tips:

- Record every drink you consume and all bladder activity.
- Buying a cheap plastic jug can be helpful for measuring the amount of urine.

[illegible]

[illegible]

Contact our service

Telephone number: 020 7288 3118.

Contact our Trust

If you have a compliment, complaint or concern, please contact our Patient advice and liaison service (PALS) on **020 7288 5551** or whh-tr.PALS@nhs.net.

If you need a large print, audio or translated copy of this leaflet, please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

020 7272 3070 | Whittington Health NHS Trust, Magdala Avenue, London, N19 5NF
www.whittington.nhs.uk | x.com/WhitHealth | facebook.com/WhittingtonHealth

Document information

Date published: 04/07/2025 | Review date: 04/07/2027 | Ref: ACW/Gynae/UroDynamTest/01

© Whittington Health NHS Trust. Please recycle.