



Patient Information Leaflet: Urodynamic Studies

What is Urodynamic Studies?

Urodynamics is a group of tests used to assess how well your bladder, urethra and pelvic floor are working. It helps diagnose the cause of urinary symptoms such as:

- Frequent or urgent urination
- Urine leakage (incontinence)
- Difficulty emptying the bladder
- Recurrent urinary tract infections
- Unexplained pelvic pressure or discomfort

The test provides detailed information about how your bladder stores and releases urine, helping your consultant recommend the right treatment.

Why Am I Having This Test?

Your consultant has recommended urodynamic testing because your symptoms suggest a possible problem with bladder or urethral function. Urodynamics helps guide decisions about:

- Medication
 - Physiotherapy
 - Injections (e.g. Botox)
 - Surgery or other treatments
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What Does the Test Involve?

Urodynamics is carried out by a trained clinician and takes around **30–45 minutes**. You'll be awake and able to speak throughout.

The test involves:



1. **Arriving with a comfortably full bladder** – you may be asked to delay urinating before your appointment
 2. **Passing urine into a flowmeter** – these measures the strength and speed of your urine stream
 3. **Insertion of fine catheters** – one into the bladder and one into the back passage (rectum) to measure pressures
 4. **Bladder filling** – sterile water is gently filled into the bladder via the catheter
 5. **Recording bladder function** – you'll be asked how it feels as the bladder fills and when you feel the need to go
 6. **Voiding test** – you'll be asked to pass urine again to measure how well your bladder empties
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Will It Hurt?

The test may feel **unusual or slightly uncomfortable** but should not be painful. The catheters are very thin and lubricated to ease insertion. You may feel:

- A sensation of fullness as the bladder is filled
- Some urgency to pass urine
- Temporary stinging when urinating afterwards

These sensations are normal and usually settle quickly.

How to Prepare for the Test

- **If you are taking one of the following medications for your bladder it is important that you stop them 5 days before the test (as they may interfere with the results).** Failure to do so may lead to cancellation of the test.
Tolterodine (Detrusitol) Fesoterodine (Toviaz) Oxybutynin Trospium (Regurin) Solifenacin (Vesicare) On rare occasions patients are asked to continue with their bladder tablets. If in doubt, please check with your consultant.
 - **Eat and drink as normal** – there's no need to fast
 - **Arrive with a comfortably full bladder**
 - If you have a **urine infection** on the day, the test may be postponed
 - Let us know if you are **pregnant**, take **blood thinners**, or have a **heart condition**
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After the Test

You can go home straight after. Most people return to their usual activities the same day. Aftercare advice includes:

- **Drink plenty of water** for 24 hours to flush the bladder
- **Mild stinging or pink urine** may occur and usually settles on its own
- **Avoid caffeine or alcohol** for the rest of the day to reduce bladder irritation

When to Seek Medical Advice

Contact us if you experience:

- Fever or chills
- Persistent pain or burning when passing urine
- Difficulty emptying your bladder
- Heavy or unusual bleeding

These may be signs of infection and require medical attention.

When Will I Get My Results?

Your consultant will review the findings and explain the results at your appointment. The test results help tailor your treatment plan to your specific bladder function.

Questions or Concerns?

Our team is here to support you — before, during and after your procedure. If you have any questions or are unsure about anything, please don't hesitate to contact us.

