Urodynamic Clinic

Patient Information

Department of Uro-Gynaecology
Basingstoke and Winchester

Family and clinical support services
The Urodynamic Team

Mr T R Sayer
Consultant Urogynaecologist

Mr C H Phillips,
Consultant Urogynaecologist

Mr L Olujide (Winchester site)
Consultant Urogynaecologist

Sister Jackie Moody (Winchester and Basingstoke)
Urogynaecology Nurse Specialist

Urodynamic Nurse Specialist
Lorraine Rush

Urodynamic Nurse (Winchester site)
Carolyn Ieland

Specialist Nurse Support worker
Rose Cole
Health Care Assistant (Winchester site)
Louise de La Nougerede
Secretary to Mr Sayer
Sally Mackenzie
Secretary to Mr Phillips
Elizabeth Paterson
Secretary to Mr Olujide
Serena Pagani
Introduction

Welcome to the Urodynamic Clinic, you will find us in the Urogynaecology Unit on the first floor of the Sherborne Building at Basingstoke and North Hampshire Hospital, and on the Anthony Letchworth Ward, Florence Portal Building at Royal Hampshire County Hospital, Winchester.

This booklet has been written as an introduction to the Urodynamics clinic and to answer any questions that you may have. It includes important information about the tests that you need to know before your visit to the clinic.

We look forward to meeting you.

Note:

This is a research and training unit for both medical and nursing staff. On occasions, there may be staff who wishes to observe your Urodynamics investigations. If you do not wish these staff to be present, you have the right to refuse. Please mention this to the consultant or nurse. This will not affect your treatment in any way.
Important Points to Consider.

- PLEASE ENSURE THAT MEDICATION TAKEN FOR BLADDER SYMPTOMS ARE STOPPED 2 WEEKS BEFORE THE URODYNAMIC APPOINTMENT (SEE LIST BELOW)

Solifenacin, Tovias, Regurin Kentera Patch, Tolterodine, Duloxetine, Oxybutynin, Detrusitol and Betmiga.

- We cannot perform these tests if you have a urinary tract infection or you are being treated for one. The tests can only proceed once you are clear of infection. Your GP will advise when any infection has cleared.

- If you are pregnant, or become pregnant before your appointment please contact Sister Moody, Lorraine Rush Urodynamic Nurse Specialist or Carolyn Leland Urodynamic Nurse.

- Patients with medical conditions such as heart murmurs or a history of Rheumatic fever; or with valve or joint replacements or other internal metalwork will require antibiotic cover before Urodynamic studies. This can be arranged via your GP.

- If you have antibiotics prescribed routinely by your GP, prior to any treatments then please ensure that you have taken your medication before your appointment.
• If you have any problems or need to change appointments please telephone the hospital call centre on 01256 313131 for Basingstoke and for Winchester 01962 824210

If you need to talk with the nurses for advice regarding tests then ring 01256 313217 (Basingstoke) and 01962 824210 (Winchester)

• We can perform tests if you are having a period at the time of your appointment, but please ensure that you wear a sanitary towel rather than a tampon.

• Please arrive in good time for your appointment as we need to run clinics very much to time and delays can cause unnecessary discomfort for other patients who are attending.

• Please bring a list of any prescribed medication or any over-the-counter medicines you take regularly.

• Allow plenty of time to park your car and bring change to pay for parking. Free parking is only available to people who have disabilities and who do not have to pay road fund tax.

Important: Before you arrive for your tests
• You will need to have completed your Input/Output chart – see next page.

• It is necessary for you to drink 500ml (1 Pint) of water prior to your test, so that you have a fairly full bladder. You will not have to wait long for the tests to begin so you will need to drink this before you arrive at the hospital however If you have problems with drinking this amount of fluid prior to your appointment then arrive 30 minutes before your appointment and start drinking then.

• Please ensure you have had your bowels opened, and are not constipated, before the tests.

• The tests and questionnaire will take approximately one hour. If you have completed the questionnaire, the test will only take 30 minutes.

• A gown will be provided for you to wear during your tests.
Input/Output Charts

Recording your fluid input and urine output is one of the essential tests that you will have to carry out. It is an important part of the investigations as it shows your usual pattern of passing urine, which we need to know.

The chart will need to be completed for the three days and nights before you attend your appointment. If you find this is difficult, then any three consecutive days and nights will be acceptable.

To fill in the chart, you will need to write down:

- The date and time of passing urine
- The amount of urine passed
- What drinks you have
- Any leakage, pain, urgency or urge episodes that you experience
- Whether you needed to change pads or pants

We understand that sometimes it is difficult to measure urine at work. If this does apply to you, please make a note on your chart of the time that you passed urine and record ‘AT WORK’, even though you do not have the measurement.

Please remember to bring your chart with you when you attend your appointment.

Helpful Hint

Using a large plastic container, such as a cleaned ice cream tub, will make collecting the urine easier. Simply place the tub inside the toilet and you can then pass urine as normal. The urine can then be poured into a measuring jug and recorded.
## Input/Output Chart

(The first line is an example of how to fill in the chart)

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<th>Change of pants or pads ✓ = Yes × = No</th>
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Questions and Answers

Q What are Urodynamic studies?
A Are investigations of the lower urinary tract, which consist of the bladder and urethra (the tube from your bladder).

Q What is the purpose of Urodynamic investigations?
A To provide information for the doctor to show how your bladder and urethra work.

Q What are the benefits?
A The results of the investigations will explain the symptoms you have been experiencing and provide information to help your doctor make a diagnosis. This will help your doctor to decide how to help you.

Q Are there any risks?
A There is a small risk of an infection, but this can be treated with antibiotics if necessary.

Q How long will the tests take?
A The tests are made up of the following:

- **A questionnaire** – you will be asked to answer questions about yourself and your urinary problems.

- **Uroflowmetry** – you will be asked to pass urine into a specially designed commode, which records the rate and pressure of how you pass urine.

- **Urine Testing** – your urine will be tested in order to check for any abnormalities. If these are present, the urine is sent to a laboratory for further investigation and any tests on your bladder will need to be postponed until further results are obtained. Otherwise the tests as described below will proceed.

A catheter is now inserted via the urethra into the bladder so that it can be filled with a saline solution (water with a small amount of salt).
Along with the catheter, a ‘line’ is inserted which monitors activity as it occurs within the bladder. Another ‘line’ is also inserted into the rectum (bottom) to monitor activity occurring within the abdomen around the bladder.

The following tests are then carried out:

- **Cystometry** (filling the bladder) – this test looks at how the bladder stores fluid (usually urine), how it reacts under pressure and how much it can hold.

- **Voiding Cystometry** – once the bladder is filled and you have the urge to pass urine, you will be asked to sit on the commode and again, we will record how you pass urine.

Once the tests are completed, the catheter and the lines will be removed.

**Q** Will the catheter and lines hurt?
**A** This will depend upon how sensitive the urethra is. Usually, patients complain that it is uncomfortable and slightly irritating but not painful.

**Q** Will I get the results of the tests on the same day?
**A** No, the nurse who performs the tests is not responsible for making a diagnosis. The results have to be seen by Mr Sayer, Mr Phillips, Mr Olujide or a member of their team, to make a diagnosis and any recommendations for treatment.

**Q** What happens next?
**A** After the tests an appointment will be made for you to see your consultant. At this appointment the results of the tests and any recommendations for treatment will be discussed with you. An examination of your pelvic floor (vaginal examination) may also be carried out.
After your Urodynamic Tests

You may experience some discomfort, or even notice a small amount of blood when you next pass urine. This is nothing to worry about and it should soon resolve if you carry out the following:

- Drink at least 1½ to 2 pints of fluid (preferably water or diluted fruit juice), over a period of three hours. This will increase urine flow, causing a ‘flush through’ effect.

- Continue to drink more than you normally would, for at least 24 hours.

Should any of the following problems occur after 24 hours, please contact your GP and inform them that you have recently had Urodynamic investigations:

- Urgency in wanting to pass urine
- Frequency and passing of small volumes or urine
- Pain on passing urine
- Urine looks cloudy and has a strong smell of fish
- Low back or abdominal pain
- Temperature and generally feeling unwell
- Increase in symptoms of your urinary problems

Any of these symptoms could be suggestive of an infection, which may need treatment.
Help line and Advisory Group:

The Bladder and Bowel Foundation
Nurse adviser: 08453450165
www.bladderandbowelfoundation.org

The helpline provides information and education to professionals and the public. The services include a national confidential helpline offering counselling and practical advice to incontinent people and their carers. It can provide publications for the public and professionals on prevention and treatment of incontinence.
Important Points to Remember

- Please arrive in good time for your appointment as the Urodynamic clinic needs to run to time. Delays can also cause unnecessary discomfort to other patients attending the clinic.

- Remember to drink at least 1 pint of water **BEFORE** you arrive for your appointment.

- **REMEMBER** to bring your Input/Output chart with you for your appointment

- Bring a list of any prescribed medication and of any over-the-counter medicines you are taking regularly.

- The hospital has a pay-and-display car park and parking can be particularly difficult between 9.30am and 3.30pm, so please leave plenty of time to find a parking space.

- If you need to change or cancel your appointment please phone the call centre on 01256 313131 for Basingstoke and 01962 824210 for Winchester at the earliest opportunity, if you are unable to attend on the day of your appointment please let us know as we may be able to see another patient.
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Romsey Road
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