

# Urodynamic Study

## What is Urodynamic Study?

This is a test to assess how your bladder is working during bladder filling and emptying.

## Why Do I Need This Procedure?

This test has been recommended by your doctor because you have been found to have problems with urination or bladder function. This test is important in assessing bladder function in order to plan necessary treatments.

## What are the Preparations?

You will be asked to produce a 3-day diary of your fluid intake, urinary frequency and volume (bladder diary) prior to the test.



You will also be asked to take oral medications to clear your bowels one day prior to the test.

An appointment to the Urology Nurse Clinician will be given to you for further counselling and explanation on how to fill up a bladder diary form.

## How is the Procedure Performed?

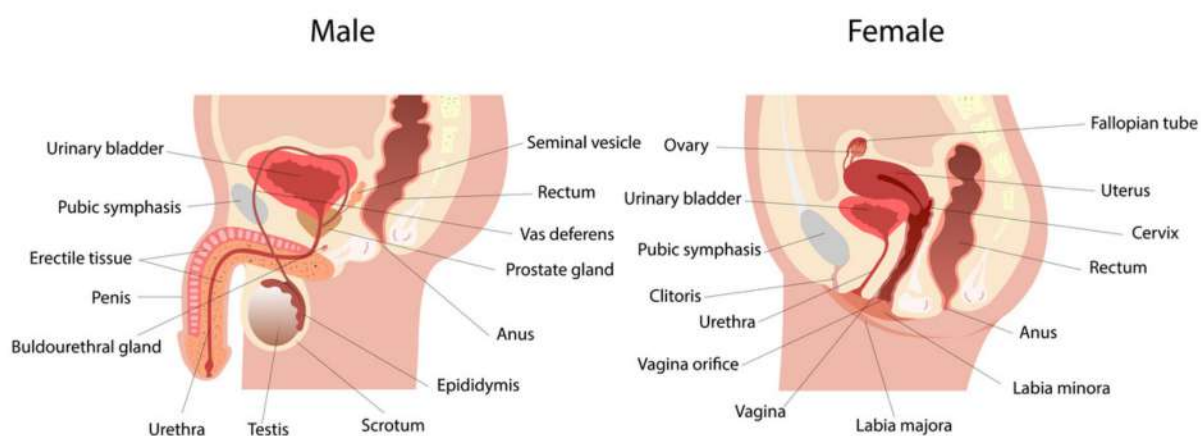
You will be asked to empty your bladder prior to the test. If you are on a catheter or intermittent catheterisation, you will not be required to empty your bladder.

You will be asked to lie down on a special couch or X-ray table. Local anaesthetic gel is then used to numb your urethra. A catheter will be placed into the bladder for bladder filling and pressure measurement. Another catheter will be placed in the rectum to measure the abdominal pressure.

The catheters will be connected to the computer that measures bladder activities. An X-ray machine will be placed above your lower abdomen if required.

The bladder is gradually filled with saline and you will be asked to indicate when you have the sensation to pass urine. You will be asked to cough and to perform certain tasks such as straining during the test. At the end of the test, you will be asked to empty the bladder.

Once the test is completed, the catheters will be removed. The results of the test and subsequent treatment plans will be discussed with you.



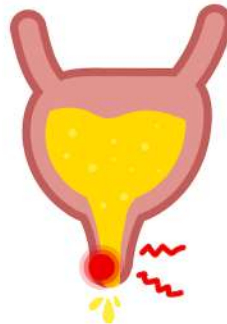
## What are the Risks and Complications of the Procedure?

- UTI up to 5%
- Persistent haematuria 2%
- Urethral injury 1%
- Rectal injury < 1%
- Uncontrolled blood causing cardiovascular complication (only in spinal cord patients)  
overall risk < 1 %



## What Would I Expect After the Procedure?

After the test, you might see a small amount of blood in your urine for 1 to 2 days. You may also experience a slight stinging sensation or discomfort in the urethra for a day. You will be advised to drink adequate fluids after the test.



## What are the Options?

There is no alternative test to Urodynamic study that will provide the same amount of information on your bladder functions.

## What Will Happen If I Do Not Undergo the Procedure?

Objective diagnosis of any bladder dysfunction will be unavailable and your treatment plan may not be optimised.

Contributed by Urology

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