

Your doctor has referred you to **Sydney Urodynamic Centres** for a Urodynamic Study. The aim of this study is to diagnose the correct condition and recommend to your doctor the best treatment available.

Bladder problems are not uncommon in women of any age and can be caused by several different conditions. These problems can be embarrassing, inconvenient and disruptive to lifestyle. With the correct treatment lifestyle can easily be returned to normal.

The Urodynamic Study can take between 30 minutes to 2 hours, from your appointment time. Most women find that the test is not nearly as unpleasant as the bladder problems that they have been living with.

Usually there is minimal discomfort associated with the test.

During your appointment at Sydney Urodynamic Centres, you will meet and talk to the doctor. The doctor is highly skilled and trained in Urodynamics and Urogynaecology. The doctor will ask you questions to gather a comprehensive history about your condition.

Following the consultation with the doctor, the procedure will be performed by the doctor who is assisted by a nurse.

The Urodynamic Study;

You will be asked to empty your bladder so we can assess your voiding function. The nurse will then assist you onto the examination bed and insert a tube (catheter) into your bladder, and also a small tube into the rectum. These tubes are then attached to specially designed monitoring equipment.

Your bladder will then be filled with sterile fluid through the bladder catheter, this will simulate the problems you are experiencing, and allow the doctor to monitor and interpret the causes.

The Urodynamic Study will also involve the use of either Ultra Sound or X-Ray to visualise the bladder.

Cystoscopy

The doctor will look into your bladder with a special instrument. This is necessary to ensure that a comprehensive evaluation can be completed. Again, it is usual that there is minimal discomfort associated with this procedure.

After the Urodynamic Study

Sometimes there is a little discomfort passing urine after the test for about 24 hours, drinking extra water usually helps minimise this. Should discomfort persist you should talk to your local doctor.

As there is a very slight chance of infection following the study, the doctor will usually give you an antibiotic as a precaution against infection, you should take the tablet after dinner on the day of your Urodynamic Study.

Sometimes a second, and much smaller test is required on another day, the doctor will discuss this with you.

Upon completion of the test a comprehensive report will be sent to your doctor, you should allow up to 2 weeks before returning to your doctor.