

Appointments - 02 9790 6969  
Website - [www/urodynamic.com.au](http://www/urodynamic.com.au)



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

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

The Urodynamic Study can take between 30 minutes to 2 hours. Most women find the test is not nearly as unpleasant as the bladder problems that they have been living with. Waiting time can vary. If there is a delay, this is usually due to unforeseen circumstances. Usually there is some discomfort associated with the test, but actual pain is uncommon.

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 test is performed by the doctor, assisted by a nurse. Sometimes there may be another health professional in attendance.

### **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. You will be asked to do a few simple manoeuvres (eg coughing) while your bladder is full. This will simulate the problems you are experiencing, and allow the doctor to interpret the causes.

During your appointment Ultrasound will be used to visualise your bladder and the other organs of the pelvic floor. This is not an internal test.

### **Cystoscopy**

The doctor will look into your bladder with a special instrument. This is necessary to ensure that the bladder and urethra are assessed fully. Again, there is usually only minimal discomfort.

### **After the Urodynamic Study**

Sometimes there is a little discomfort passing urine after the test for about 24 hours. Drinking extra water usually helps to 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. You should take the tablet after dinner on the day of your Urodynamic Study. If you feel that you are having any side effects from the tablet, you should seek medical advice.

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