

Video-Urodynamics Investigation

Video-Urodynamics is the name given to tests used to investigate bladder symptoms. There are many different causes for these symptoms therefore it is important we have accurate information about how your bladder works before we can plan any further treatment.

You will have been sent a Frequency Volume Chart (Bladder diary) with your appointment letter, please complete this form and bring it with you for your appointment. If you have misplaced it, please contact us for another copy.

Most people need to stop any of the following drugs you are taking for your bladder symptoms one week before the test, unless you have specifically been told otherwise at your clinic appointment.

- Solifenacin (Vesicare)
- Tolterodine (Detrusitol)
- Oxybutynin (Ditropan)
- Mirabegron (Betmiga)
- Vibegron
- Fesoterodine (Toviaz)
- Trosipium Chloride (Regurin)

If you cannot stop them for any reason, or if you are unsure if you are supposed to, please let us know before you attend for the test.

The investigation will take place in the X-Ray department at either Bournemouth or Poole Hospital. **Please attend with a comfortably full bladder.** We advise that you allow at least 2 hours for the appointment, although the investigation usually takes 1 hour to complete. A specialist doctor will undertake the investigation after discussing your individual problems and answering any questions you may have.

You will be asked to change into a hospital gown but it is fine to leave your upper half clothes on underneath the gown. For the first part of the test, you will be asked to pass urine into a special toilet called a flow meter. This will measure and record the time, speed and volume of urine you pass. Your urine will be checked for signs of infection, as the investigation will have unreliable results if performed during an active urine infection. We may also ask you if you could possibly be pregnant; performing a pregnancy test or asking you to sign a waiver where relevant.

The second part of the test involves passing fine catheters into the bladder and another into the back passage or vagina. Your doctor may also do a gentle vaginal/rectal examination at this stage. The lines will measure pressure changes as the bladder is

slowly filled with fluid. This fluid is a mixture of X-ray contrast and saline fluid. Whilst the bladder is filling we will take X-ray images of your bladder.

When the bladder is full, the X-ray table will be slowly tilted until you are standing. You will be asked to cough several times while the bladder is observed with X-ray imaging. Please do not be concerned if you experience bladder leakage as this will provide valuable information as part of the test and will be predominantly a leak of our contrast and fluid, not urine.

You will then be asked to empty your bladder back on the flow meter commode, with the lines in place so that we can continue to measure pressure. The lines are then removed and we will take one last X-ray to check the bladder is empty.

The Consultant will then discuss the outcome of your investigation and the best way to manage your bladder problems. In some cases, we need to discuss the results with other members of the team before a plan can be made. We will let you know an approximate timescale for this.

After the investigation you may find that passing urine stings a little for a day or so, but this should settle quickly. We encourage you to drink a couple of glasses of extra water that day to minimise the risk of urine infection. If you develop symptoms of infection please contact your GP or hospital team.

If you have any queries, please do not hesitate to contact the Urogynaecology Secretaries on 0300 019 4943 / 4336.