



WHAT ARE URODYNAMICS?

Urodynamics is a test that looks at how well your bladder and urethra (the tube through which you pass urine) perform their role of storing and releasing urine.

WHY WOULD I NEED THIS TEST?

You may have been experiencing problems with passing urine, such as leakage, a need to pass urine frequently, a sudden urge to pass urine, or difficulty passing urine. These symptoms can be due to various problems with the bladder, and urodynamics can provide Dr Moore with useful information to establish the cause of your particular symptoms.

WHAT HAPPENS AT MY URODYNAMICS APPOINTMENT?

Every effort is made to maintain your privacy and dignity during the procedure. You will be asked to pass urine into a special toilet that records the amount of urine you pass and the rate at which the urine flows. Various tests will be performed to measure how much urine you pass, the rate at which urine flows, and if there is any urine left in your bladder when you've finished passing urine. Small sterile tubes are then passed, usually one into your bladder and one into your vagina. These tubes are connected to a special machine and allow the nurse or doctor to fill your bladder with sterile fluid, while measuring the activity of your bladder muscles and asking you to indicate when you feel the first sensation to pass urine, when you have a strong desire, and when you feel you cannot hold on for much longer. The nurse or doctor may try to recreate your symptoms by asking you to cough or stand, for example. You will then be asked to empty your bladder again, the tubes will be removed, and the test is complete. The findings may be discussed with you, although a full diagnosis and treatment plan may not be made until you see Dr Moore at Eve Health again.

WHO PERFORMS URODYNAMICS?

Urodynamics may be performed by a specialist gynaecologist, urogynaecologist, urologist, or continence therapist. If you require urodynamics, Dr Moore will recommend a suitable clinician and arrange a referral.