

Bladder Function Test

(URODYNAMICS)

Your Appointment

Date: _____

Time: _____

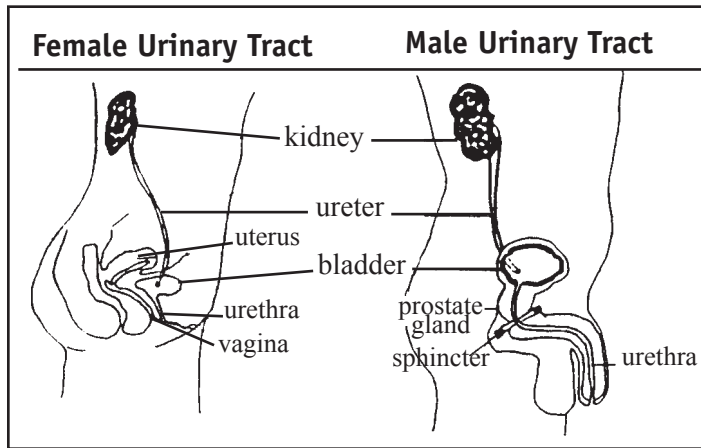
UBC Hospital
Bladder Care Centre 1B
Koerner Pavilion
2211 Wesbrook Mall
Vancouver, BC V6T 2B5
Tel. 604-822-6143

Introduction

The lower urinary tract includes the bladder, urethra and sphincter muscle. We test the lower urinary tract to find out how the bladder acts when it fills and empties. This is called urodynamics.

The test may show many urinary problems.

The test takes about one hour.



If you have the following:

- Indwelling foley catheter
- Condom catheter

or

- self-catheterize

You **do not** need to drink extra fluid and can arrive with an empty bladder.

Getting ready for the test

- You may eat and drink before the test.
- Drink approximately 2-3 cups of fluid (water, cranberry juice, milk, herbal tea) 30-60 minutes prior to your test so that you arrive at the clinic with a comfortable urge to urinate (empty your bladder). If you have urinary urgency, you may adjust the amount of water and the time that you drink the water to suit your bladder.
- Avoid drinks with caffeine on the day of your test. (e.g. coffee, tea, colas).
- Bathe or shower before your test.
- A woman's menstrual cycle does not interfere with the test. You may wear a tampon.
- You may find it more comfortable if you have a bowel movement before coming to the Bladder Care Centre. This is not essential.
- Do not empty your bladder when you arrive at the Bladder Care Centre. Speak with the nurse if you feel you must empty your bladder.
- **If you are taking antibiotics for a urinary tract infection (UTI) or bladder infection, notify the Bladder Care Centre immediately. We will re-schedule your bladder test.**
- **If you have a heart murmur or have had a heart valve replaced and normally take antibiotics before any dental work, consult your general practitioner.**
- If you have had joint replacement and normally take antibiotics before dental work, consult your general practitioner.

- Bring a list of all pills/medication you are taking.
- If you have difficulty with English, bring someone with you to help with translation. This person must have a good understanding of English. The translator is with you during your test.
- If you need help with walking, dressing, undressing or transferring, you must bring someone who can help you. Your test will be cancelled if you do not bring someone to help you.

Coming to the Bladder Care Centre

Please allow yourself enough time to get to the centre. If you are 15 minutes late, the nurse will not have enough time to do your test. You will be asked to book it for another day.

What happens at the test

- You change into a hospital gown.
- Fill out a history form
- The nurse asks you about your symptoms and general health before starting the test.
- There are three phases to the test.



Phase 1

- You are asked to pass your urine (empty your bladder) into a container. This container is joined to a computer that records the speed and amount of urine you pass.

Phase 2

- A small tube is inserted into your rectum and a catheter is inserted into your bladder by a Registered Nurse.
- Your bladder will be slowly filled with sterile water and the nurse will ask you a series of questions while your bladder is being filled.
- This part of the test shows what happens in the bladder as it fills. It measures;
 - how much pressure there is
 - how much fluid you hold before you feel full
 - how much your bladder can hold
 - if you leak when you cough or bear down.

Phase 3

- You are asked to move from the stretcher/bed to the commode where you need to pass your urine (empty your bladder).

The catheter and rectal tube are removed when your test is finished.

After the test

You may experience a slight burning and a small amount of blood in your urine when you urinate. This should go away within 24 to 48 hours after your test. Drink about 4-6 cups of fluid. Avoid drinks with caffeine or alcohol for 24 hours after your test.

Notify the Doctor or go to the Emergency Department if any of the following happens:

- Urine becomes increasing bloody
- You pass many blood clots
- You develop chills and/or fever of a temperature higher than 38°C or 101°F
- You are unable to urinate for 6-8 hours
- Back pain
- Prescribed medication does not relieve your pain

Getting the results

A urologist reviews your bladder test and sends the results to your doctor within 2 weeks.

Call your urologist for an appointment after all your tests are completed. The urologist discusses the results of your test.

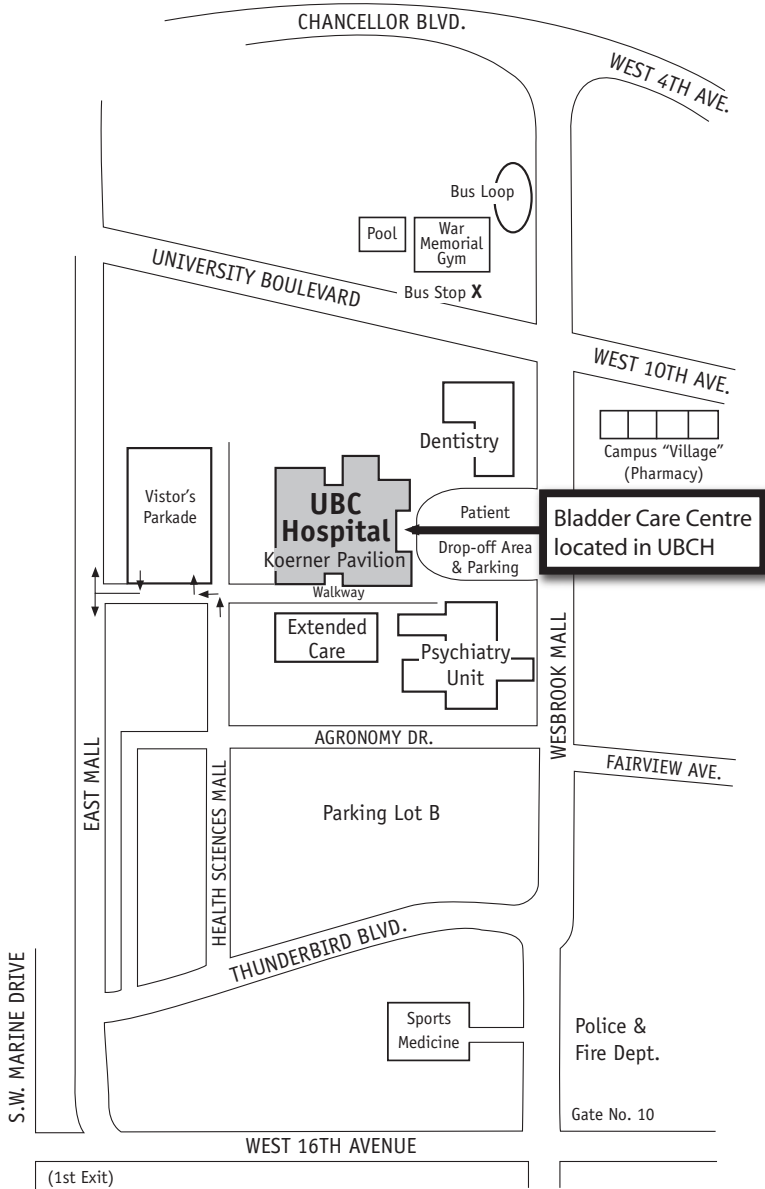
If you have any questions, please call:

**Bladder Care Centre
UBC Hospital
604-822-6143**

8:00 a.m. - 4:00 p.m.
Monday to Friday

Cancellation

Please phone and cancel your appointment 24 hours before your appointment. If you do not cancel your appointment, you will be charged a \$35.00 cancellation fee. A new appointment will not be made until the fee is paid.



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