

Urodynamics for Women

Dr Varughese runs urodynamic clinic for women. This test is an outpatient study that evaluates the *function* of the bladder. This test is *not* painful and is done under local anaesthetic with the patient awake, so that the patient can follow instructions and give feedback during the study. Urodynamics is a diagnostic tool in objectively identifying complex bladder problems.

FAQs

What do you do before the UDS? Once we receive the referral from your doctor (GP, Gynaecologist etc), we will send a package to you including information on urodynamic test, a urinary diary (this maps your fluid intake and urinary output over 24 hours), instructions on completing the diary and request forms for urine testing. Please complete the urinary diary and submit your urine for testing at least 5 days prior to your UDS date.

How do I complete the urinary diary? The urinary diary is completed over a period of 3 days and 3 nights. You can complete the diary on consecutive days or on days when you are free. We recommend that you complete the day and night period once started.

1 **Time:** in this column note the time when you go to the toilet.

2. **Amount:** Measure the amount of urine passed (in ml) and write it down in this column. Any measuring jug can be used for this.

3. **Urgency:** Each time you feel you had to rush to the toilet, for fear of leaking, please tick this column.

4. **Leak:** If you leak urine at any time, record the time and tick this column.

5. **Comment:** Use this column to write down anything that you consider having influenced your bladder e.g.: cold water, coffee, tea, constipation etc

6. **Fluid intake:** Record the time, type, and amount of fluid you drink.

7. If you are unable to measure your urine e.g.: while out shopping, then just record the time.

8. It is very important that you complete the diary with honesty and accuracy

On the day: Please bring the completed diary and symptom sheet with you. So that these can be read in conjunction with the UDS test results. The results of the urine testing will be available for review. Please arrive for the test 15 min prior to your appointment, with a comfortably full bladder. The testing will take 1 hour.

Where is the test done?

The test is performed as an office procedure. Please contact us on (02) 67661958.

What will happen during the test?

You will need to undress from waist down and wear a gown that is provided. A narrow catheter is placed into the urinary bladder. In addition a narrow catheter is also placed in the back passage (to measure pressure changes in the abdomen). The urinary bladder is filled with fluid and the pressure is recorded on a computer that is connected to the catheters. Every effort is taken to provide privacy and a relaxed environment.

What can I expect after the test?

After the test you will be requested to drink plenty of water to flush out the bladder. If you experience any signs and symptoms of a UTI, you are requested to see your GP or contact us for antibiotics.

When will I get the results?

Dr Varughese will discuss the test results with you and send a letter to your referring doctor.