

URODYNAMIC TESTING & CYSTOSCOPY

Urodynamic testing is a test to show how your bladder is working, and will help us discover the cause of your bladder symptoms. The test takes about 60 minutes to complete.

Prior to the test please complete the attached bladder diary for 3 days, where you record what you drink & how much your bladder empties.

You **MUST** attend the appointment with a **FULL BLADDER**. To do this, empty your bladder two hours before the appointment and then drink 2 glasses of water.

If you are taking any bladder muscle relaxing drugs (anticholinergics) such as imipramine (Tofranil), probanthine, solifenacin (Vesicare) or oxybutynin (Ditropan), please **DISCONTINUE** them one week before your appointment- as these interfere with the test.

What happens during the test?

First you empty your bladder onto a special toilet that analyses the rate of your urine flow. The bladder is then filled with sterile water and the pressure of the bladder is recorded onto a computer. When you feel full the fluid will be stopped.

Then the cystoscope (a small 3mm telescope) is placed into the bladder, through the urethra, to inspect the internal anatomy of the bladder.

You will then be asked to stand up and cough. After this you will be able to empty your bladder into special toilet again.

The test carries a small risk of bladder infection, which will be reduced if for the next two days after the test you drink 2 litres of fluid per day. You may have some burning or discomfort when you pass urine for a day or so. If this persists after 2 days contact this office.

Test Date: _ _ / _ _ / _ _
Day/Time: