

## Urodynamics – UDS

### What is Urodynamics?

Urodynamics is a non-invasive diagnostic test of the bladder. It is used to determine how well your bladder is at performing its job of holding and releasing urine. It gives your doctor a true indication of your health condition.

### How is it performed?

You will firstly be asked to urinate into a Commode Chair connected to a computer. This computer is used to measure how much you urinate and at what speed your bladder empties. The doctor will then insert a small tube (catheter) into your urethra and another small tube into your bottom. These tubes are connected to sensors that determine the pressure in your bladder, urethra and abdomen. The doctor will then use the tube inserted into your urethra to fill your bladder. You will be asked to perform a series of tests to determine how your bladder reacts under stress eg, coughing etc. Finally, you will be asked to pass urine once more.

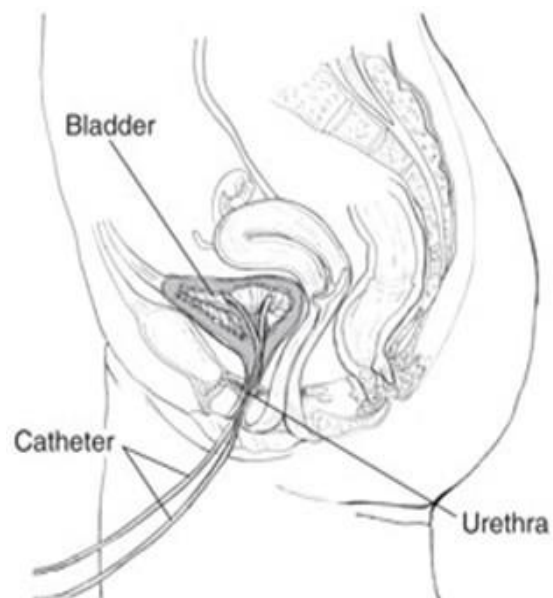
Once these tests are complete the doctor will then perform a Cystoscopy. A Cystoscopy is when a small tube with a small camera attached, is inserted in your urethra. This camera allows your doctor to have a look inside your bladder and urethra to check for any abnormalities. The doctor will also perform a bladder ultrasound to have a better understanding of your bladder function.

### Is there any preparation?

Yes, there is some minor preparation required for this procedure. You will need to empty your bladder two hours prior to your procedure. After emptying your bladder, you will need to drink 1 – 2 glasses of fluid to ensure you arrive with a comfortably full bladder. Please try to avoid using the bathroom in this time.

### Is there any recovery?

Urodynamics is a non-invasive procedure, therefore you will be able to drive yourself home post procedure. You may experience some discomfort (stinging and/or burning) when voiding in the days following. We recommend you drink lots of water/fluids post procedure to avoid infection and discomfort.



## How long does the procedure take?

Urodynamics is a day procedure and does not require any form of sedation. The duration of the procedure takes approximately 1 hour. You will be required to be at the hospital from admission time for approximately 3 hours.

## What happens after?

Your doctor will discuss the results of the urodynamics test with you on the day. The doctor may suggest further treatment/surgery and you will have the opportunity to ask any questions or concerns you may have regarding treatment.



If you have any questions or concerns regarding this procedure, please do not hesitate to contact our rooms on 1300 273 400 Monday to Friday 9:30am – 4pm.

You can also contact us via our email – [enquiries@apfinstitute.com](mailto:enquiries@apfinstitute.com) / [nurse@apfinstitute.com](mailto:nurse@apfinstitute.com)

**DISCLAIMER:** This document is intended to be used as a guide of general nature, having regard to general circumstances. The information presented should not be relied on as a substitute for medical advice, independent judgment or proper assessment by a doctor, with consideration of the particular circumstances of each case and individual needs.