

# Urology<sub>West</sub>

MR. KILIAN WALSH MB BCh (Hons), BAO, FRCSI, MSc (Urol), FRCSI (Urol)  
Consultant Urological Surgeon

Tel: 091 767 487  
Fax: 091 758 776  
Web: [www.urologywest.ie](http://www.urologywest.ie)  
Email: [ethnea@urologywest.ie](mailto:ethnea@urologywest.ie)

Suite 6, Consultants Clinic  
Bon Secours Hospital  
Dublin Road, Galway

University Hospital Galway  
Newcastle Road  
Galway

Galway Clinic  
Doughiska  
Galway

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## INFORMATION LEAFLET: URODYNAMICS / BLADDER STUDIES

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Bladder studies are tests which give your doctor facts about the function of your bladder. These tests take approximately one hour.

### What can you do to prepare for the study?

There is no preparation required prior to the study except to arrive with a **full bladder**. It may be necessary that you drink at least three glasses of water one hour prior to the test. You will be advised of this by your Consultant.

### On arrival at the hospital

Please come to the Out-Patients desk of the Bon Secours Hospital at the appointed time. Before your test begins you will be asked to change into a gown. There will be a nurse with you throughout the procedure.

### What will be done during the test?

There are two stages to the study. The first stage involves you emptying your bladder into a special commode in order to measure the amount and speed of urine passed. At this stage a sample of urine is reserved for testing. If the urine test is clear, you will proceed to the next stage of the study.

The second stage involves the placing of a small fine catheter (tube) into the bladder in order to fill the bladder with water/saline. Another catheter will be placed into your rectum (back passage) which will assess abdominal pressure during the test.

The study is performed with the patient standing or lying. When your bladder is full you will be asked to empty it, while the catheter is in. A computer will record all the measurements and a 'tracing' will be produced.

### After Urodynamics – what to expect

You will be discharged approximately half an hour after the procedure. It is normal to experience some burning for a few days when passing urine. There may be some blood in the urine, but as long as large clots are not formed, the bleeding will stop if you drink plenty of fluids. It is important to drink plenty of fluids for 48 hours after your test. You may immediately resume regular diet, medications and normal activity levels.

If excessive bleeding or difficulty in passing urine including stinging/burning does not improve in 24 hours, contact your GP or your Consultant to exclude the possibility of urinary tract infection.