

Dr Alison De Souza
M.B.B.S., F.R.A.N.Z.C.O.G., C.U.
Urogynaecologist, Obstetrician & Pelvic Floor Surgeon
ABN: 565 785 716 40
Provider No. 216403JA

145 Victoria Parade
FITZROY VIC 3065

www.dralisonsouza.com.au

Ph: 9419 9699
Fax: 9419 8744

Urodynamics bladder test and cystoscopy - Patient Information

What is urodynamics?

Urodynamics is a test that looks at the behaviour of the bladder. There are different types of urinary incontinence and they each require different treatments. This test will help ensure you have the best treatment for your bladder. Before any surgery is considered, urodynamics testing is often performed. Sometimes, women who have prolapse will also need to have urodynamics testing before they have surgery.

- The test will take approximately 30 minutes to complete. It is not painful, but you may find it a little embarrassing.
- You will be asked to empty your bladder in private, into a special toilet.
- Fine tubes will be inserted into your bladder and vagina or back passage which will record pressure readings in your bladder throughout the test.
- Your bladder will be filled with sterile water until you feel the need to urinate.
- You will be directed to cough at various stages during the test.
- At the end of the test, you will be allowed to empty your bladder again.

Patient instructions

- Please arrive for your appointment with a **comfortably** full bladder.
- It is not necessary for you to drink lots of water before your appointment, as you may find it difficult to hold on. You may eat and drink normally on the day of your test. You may shower normally on the day of your test.

If your bladder is infected, urodynamic testing and cystoscopy may be delayed to avoid spreading the infection.

CYSTOSCOPY

What is a cystoscopy?

This procedure allows the doctor to examine your bladder by looking into it with a tube called a cystoscope.

When is it used?

- Your bladder may have recurrent infections.
- You may have blood in your urine.
- You may have poor bladder control or have to urinate often.

An alternative to this procedure is to choose not to have treatment, recognizing the risks of your condition. You should ask your doctor about this choice.

What happens during the procedure?

You will be given local anesthesia in gel form into the urethra (the tube leading from your bladder to outside the body) before the procedure to keep you from feeling pain. The doctor will insert the cystoscope inside your urethra and into your bladder. She will let water pass through the tube and into your bladder to fill it. Then the doctor will examine your bladder and urethra.

The doctor will look for:

- abnormal bladder muscles
- relaxation of the bladder wall
- tumors, foreign bodies, bladder stones
- inflammation
- constrictions in the urethra

As you've been given local anesthesia and are awake, the procedure may be somewhat uncomfortable.

What happens after the procedure?

- You will go home after the procedure.
- You may feel a sting when urinating for a day or two afterward, and you may see some blood in your urine.
- You will be given Ural to try and make you more comfortable and reduce the risk of infection.

What are the benefits of this procedure?

It may help the doctor make a better diagnosis and in some cases, cure the problem.

What are the risks associated with this procedure?

- The local anesthetic gel may not numb the area quite enough and you may feel some minor discomfort. Allergic reaction to the gel is possible, but not very likely.
- Your bladder could be punctured.
- You may not be able to urinate. If you have a lot of discomfort, you may need to have your bladder drained with a catheter temporarily.
- Infection and bleeding may occur.

Precautions, of course, are taken against these risks. You should ask your doctor how these risks apply to you.

Occasionally some women develop a urinary tract infection after this test, so we advise you to increase your fluid intake for 24 hours after the test. If you are concerned that you may have an infection, please see your own local doctor.

When should I seek medical advice?

Call Dr. De Souza or your general practitioner immediately if:

- You develop a fever.
- There is a lot of blood in your urine.
- You are unable to urinate.