

Urodynamics – Ultrasound

Patient Information – Urology Service

What is a urodynamic ultrasound study?

This test is performed in the Urology clinic in the Christchurch Outpatients building (level 4). It is a test to assess your bladder filling, emptying, and simultaneous pressure measurements. It is an ultrasound of the bladder combined with simultaneous pressure measurements.

To measure the pressures in the bladder at the time of the ultrasound, we need to insert two tubes: one goes into the urethra (tube from the bladder that empties urine), and the other goes into the rectum (bottom). Both are necessary because the bladder pressure is influenced by the pressure surrounding it in the abdomen. This is reflected in the rectal pressure.

We measure the abdominal pressure with the rectal tube.

An ultrasound scanner is used during this study. This is used to assess movement of structures in your pelvis if you are a female, and the size of your prostate and how much it is obstructing your bladder emptying if you are a male.

How is the test performed?

Once the tubes are in place the urologist or clinical nurse specialist will ask you to cough so we can check the lines. We will then slowly fill your bladder whilst you lie on the bed. We will take some measurements during this time using the ultrasound scanner. This is placed on the abdomen for both men and women.

If you are a female, the scan will be on your tummy first and then on the vulva, between your legs. This does not go internally. Women may be asked to cough and bare down whilst this is happening to observe movement of structures in the pelvis.

Whilst your bladder is being filled with a salt water solution, it is important that you let the clinician know what feelings you are experiencing from your bladder (e.g. urgency, leakage, fullness).

You will then be asked to stand up from the bed and move to a special toilet which measures your flow. If you get leakage on movements such as coughing, sports/activities or sneezes, you will be asked to do some coughs over a large pad to measure the abdominal pressures that cause leakage of urine.

Notes

The whole procedure takes 15-30 minutes and you will be able to leave immediately after it finishes.

You may feel some mild discomfort, but the procedure is not painful. There is a small risk of developing a urinary tract infection (UTI), and it may be uncomfortable to pass urine for one day or so after the procedure. If you are worried that you may have a UTI, please contact your GP.

We attempt to maintain your privacy at all times and ensure that the procedure causes you as little embarrassment as possible.

Following your procedure, you may receive a brief summary of the results, but an appointment at the Urology clinic will usually be arranged for a more formal discussion at a later date.

Contact information

If you have any concerns about having this procedure or have any questions regarding the test, please call one of our continence nurse specialists, on either (03) 364 0541 or (03) 364 1008.

If you need to change your appointment, please call the Urology Service booking line, which will be on your appointment letter.

For more information about:

- hospital and specialist services, go to www.cdhb.health.nz
- your health and medication, go to www.healthinfo.org.nz

For information on parking, how to get to the hospital, and visiting hours, please visit www.cdhb.health.nz