

# Urodynamics

## Urodynamics At Birmingham Urology Centre

Urodynamics is a series of tests designed to assess the function of the bladder, urethra, and associated muscles in storing and releasing urine. These tests are crucial for identifying the underlying causes of urinary incontinence and other urinary disorders.

## Why Is Urodynamics Done?

Urodynamics is performed to diagnose the causes of urinary problems such as:

- Urinary incontinence (leakage of urine)
- Difficulty urinating
- Frequent urination
- Overactive bladder
- painful urination
- sudden, strong urges to urinate

Urodynamic testing is recommended if:

- You have symptoms that have not responded to initial treatment strategies
- There is a need to distinguish between different types of urinary incontinence.
- You are considering surgical options for urinary incontinence.

## Preparing For Your Urodynamic Test

To ensure accurate results from your urodynamic testing, you may be asked to:

- Keep a diary of your drinking and urinating habits for a few days.
- Arrive with a full bladder for certain tests.
- Avoid caffeine and alcohol on the day of the test, as they can affect bladder function.
- Follow any specific instructions from your consultant regarding medication adjustments.

## What To Expect During Urodynamics

Urodynamic testing at our centre typically includes the following steps:

- **Uroflowmetry:** Measures the volume and speed of your urine flow, providing initial insights into bladder and urethral function.
- **Cystometry:** Assesses bladder capacity and the pressure build-up inside your bladder as it fills

with sterile water or saline through a catheter.

- **Pressure flow study:** Evaluates the bladder's ability to empty steadily and completely during urination.
- **Electromyography:** Records electrical activity in the muscles and nerves around the bladder and sphincters to assess the coordination of the urinary system.

These tests are generally conducted in a hospital setting and take about 30 minutes to an hour, depending on the complexity of the evaluation.

## Benefits Of Urodynamics

Undergoing urodynamic tests at Birmingham Urology Centre provides critical insights into your urinary system's health, assisting in:

- Accurately diagnosing the type and cause of urinary dysfunction.
- Guiding effective treatment decisions, particularly if surgery is under consideration.
- Monitoring bladder health, especially important for patients with neurological conditions affecting bladder function.

## Risks And Recovery From Urodynamics

- While generally safe, urodynamics can involve minor risks such as discomfort during catheter insertion, temporary mild urinary tract infections, or rarely, bladder injury. Recovery is straightforward, with most individuals resuming normal activities immediately. Any discomfort or mild symptoms typically resolve quickly.

## After Urodynamic Testing:

- **Results review:** Your urologist will discuss the findings with you.
- **Treatment plan:** Based on the results, a tailored treatment plan will be recommended which may include medication, lifestyle adjustments, bladder retraining or surgical intervention.
- **Follow-up:** Follow-up appointments may be scheduled to monitor progress or adjust treatment as needed.

## Book Your Urodynamics Consultation

If you're experiencing urinary symptoms don't hesitate to seek professional advice from Birmingham Urology Centre. Our team of experienced urologists at Birmingham Urology Centre use state-of-the-art diagnostic tests to provide compassionate, tailored care, ensuring you receive the most effective treatments suited to your specific needs.

**Contact us** today to book a consultation to discuss your urinary symptoms with us and discover the diagnostic options available.