

## Urodynamic bladder test (women)

You have an appointment at the Department of Obstetrics and Gynecology for an urodynamic test, which is carried out to diagnose urinary tract diseases and disturbances in urinary tract function. The test takes 60 minutes.

### Preparing for the test

The test cannot be performed if you have a urinary tract infection. You must **provide a urine sample** 1 to 2 weeks before the appointment. Hand it in at the laboratory at your local health center; you can also ask for a sampling kit from the health center and take the test at home. If the sample is positive and a urinary tract infection is detected, you will receive a call and a course of antibiotics is prescribed.

Pause taking **medication that affects bladder function** one week before the test.

The test **will not be performed during heavy menstrual bleeding**. In this case, you must **postpone your appointment**. Please see the **contact information in the map attachment of your appointment letter**.

On the day of the test, prepare by washing your genital area carefully.

### During the test

In the beginning of the test, we will ask you to go to the bathroom to urinate, after which a nurse will use a catheter to measure the amount of residual urine. A thin catheter is inserted into the empty bladder, and the catheter is used to fill the bladder with liquid. The abdominal pressure is measured by using another thin catheter, which is inserted into either the rectum or the vagina.

During the course of the test, measurements are taken while you are asked to describe the sensations you are feeling and to cough at certain points. The doctor will carry out a pelvic exam, if necessary. After the test, you will be asked to urinate into a toilet bowl which measures the strength and duration of the urine stream. The test is painless and the sensations are mostly associated with the bladder filling up.

### After the test

After the test, no postoperative care or sick leave is necessary. We recommend that you **drink more fluids than usual** after the test. At first, you may experience a mild burning sensation and there may be a small amount of blood in the urine. The symptoms will pass on their own in a

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couple of days. **If the burning sensation during urination or hematuria (blood in urine) continues, please contact the gynecology outpatient clinic.**

Possible follow-up care will be arranged during your appointment.