



Urodynamics bladder test

What is urodynamics?

Urodynamics is a scientific test to assess female urinary incontinence and lower urinary tract dysfunction. It will provide you and your doctor with an accurate diagnosis. The diagnosis will help your doctor to advise on how your problem should be managed.

About the test

- 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.
- Soft, fine tubes will be inserted into your bladder and back passage to 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 asked to cough at various stages during the test.
- At the end of the test, you will be asked to empty your bladder again.

Please remember, we are very experienced and trained to support you through this procedure. We will try to make this as easy as possible for you.

Preparing for the test

- 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.
- Please shower normally on the day of your test.
- Please feel free to ask any questions or discuss any concerns you may have prior to or during the test.

After the test

There is a small risk of developing a bladder infection after this test, so we advise you to increase your fluid intake after the test. If you are concerned that you may have an infection, please see your own local doctor or you may attend the Emergency Department at the hospital.

For more information or concerns contact:

Royal Women's Hospital

Urogynaecology Pelvic Floor Service
Midwife and Continence Advisor
Cnr Grattan St and Flemington Rd
Parkville VIC 3052
Tel: (03) 8345 2000

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