

## URODYNAMIC STUDIES +/- FLEXIBLE CYSTOSCOPY

### Introduction

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Urodynamic studies +/- flexible cystoscopy are used to assess the bladder, sphincter muscles and urethra when trying to work out the cause for urinary frequency, urgency, leakage, blockage, or pain. The test is performed under local anaesthesia as a day procedure and requires no special preparation.

### What does the procedure involve?

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1. Urodynamic studies (30-60 minutes)
  - a) Fine tubes with pressure sensors are placed in the bladder and rectum to measure activity and muscle contractions
  - b) Small sticky sensors are placed near the rectum to measure nerve activity when the bladder fills and empties
  - c) The bladder is slowly infused with sterile fluid and you may be asked to describe what bladder sensations you are feeling as the bladder expands
  - d) You may be asked to cough or strain during the test to check for leakage
  - e) Images of the bladder are taken using x-rays or ultrasound
  - f) Pressure and flow data is recorded and analysed by a computer
2. Flexible cystoscopy (5-10 minutes)
  - a) A small flexible telescope 5mm is used to inspect the urethra and bladder

### What are the risks of surgery?

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#### Occasional (2-10%)

Infection or difficulty passing urine

#### Rare (2%)

Stricture - formation of scar tissue causing blockage of the urethra

### What should I do before surgery?

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- Test the urine 2 weeks prior to the procedure to ensure there is no infection
- Please continue taking all your usual medication, including blood-thinners
- Please attend with a comfortably full bladder if possible
- You should arrive at the hospital 15-30 minutes before your procedure
- You do not need to fast for the procedure
- You may drive yourself to the hospital and back home