

After the test

You might feel some burning or stinging when you pass urine. You might also notice some blood in your urine. These usually go away in 24 to 48 hours. If either lasts longer than 48 hours, see your family doctor.

Drink 6 to 8 cups of water, juice, or soup broth today. This helps relieve any burning or stinging. For 24 hours after your test, do not drink coffee, tea, pop, or alcohol. These fluids can irritate your bladder.

When to get help

Call your family doctor right away if you have any of the following:

- Your urine is red or you see blood clots after you pee a few times.
- You are not able to pee within 8 hours after the test.
- You have a fever, chills, or pain in your flank or abdomen (signs of a kidney infection).
- You have foul smelling urine, the urge to pee often, severe burning when peeing, or other signs of a bladder infection.

About your results

A bladder doctor (urologist) reviews your test results and sends a report to the doctor who sent you for the test.

Make an appointment to see your doctor in the next two weeks. Your doctor will use the test results to plan your treatment.

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This information does not replace the advice given to you by your healthcare provider.

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To order: patienteduc.fraserhealth.ca

Bladder Function Test (Urodynamic Test)

Jim Pattison
Outpatient Care and Surgery Centre



Bladder Care Clinic
Level 4A
9750 – 140 Street
Surrey, BC

604-582-4550
Local 764228



What is a bladder function test?

A bladder function (or urodynamic) test looks at how your bladder is working. The results help your doctor decide the best way to treat your bladder problem.

How is the test done?

The test has three parts.

Part One

- You sit in a special chair.
- We ask you to urinate (go pee).
- A computer attached to the chair records the speed and amount of urine you pass.

Part Two

- You lie on a stretcher.
- A tiny urine tube (catheter) is put into your bladder. Another small tube is put into your back passage (rectum).
- A nurse slowly fills your bladder with sterile water. You will feel some pressure but not pain.
- Both tubes are connected to a computer. The computer measures the pressure inside and outside your bladder.
- While your bladder is filling, the nurse asks you questions about how your bladder feels.

Part Three

- You sit again on the special chair.
- We ask you again to urinate with the tubes in place.
- The tubes are removed at the end of the test.

You can ask questions at any time during the test.

urodynamic
(sounds like 'yur-oh-die-nam-ik')

How to prepare

5 days before: If you take bladder pills (anticholinergic pills), stop taking them five days before the test. If you are not sure if the pills you take are anticholinergic, ask your doctor. (Water pills or pills such as Flomax are not anticholinergic pills.)

90 minutes (1.5 hours) before your appointment time:

Drink 2 to 3 cups (16 to 24 ounces or 500 to 750mLs) of water. Do not drink coffee, tea, pop, or alcohol.

If you are menstruating, it is best to wear a tampon.

If you have a bladder or kidney infection, please call us right away. We will need to rebook your test.

What to bring

- ☐ Your BC CareCard and photo identification **or** Your BC Services Card
- ☐ A list of the medicines you are currently taking
- ☐ Your bladder or voiding diary you filled out at home

At the clinic

- Arrive at the Jim Pattison Outpatient Care and Surgery Centre about **30 minutes before** your appointment time. This gives you time to find parking and find your way to the clinic.
- Do not urinate (go pee) before the test. If you really need to pee, tell the nurse.
- We ask you to change into a hospital gown.
- The nurse asks you about your health and bladder problems.