

URODYNAMIC TEST



By CFM
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To be revised 2020

A urodynamic examination is used to assess the bladder function. The test measures:

- how much your bladder can hold
- how the bladder contracts during urination
- how much the abdominal muscles affect the urination

BEFORE THE EXAMINATION

You must come to the examination with a need to urinate. You should drink half a litre of fluid at home and postpone the urination until you come to the hospital.

If you have difficulty arriving with a full bladder you can come to the hospital 1-1½ hour before the examination and drink water, tea or coffee here.

THE EXAMINATION

The examination usually takes about 45 minutes.

You lie on your back on the examination bed. The nurse washes the urethral opening with saline and injects local anaesthetic gel into the urethra.

A thin plastic catheter is placed in the bladder and one in the rectum. The latter measures the abdominal pressure. The placement of the catheter in the urethra may cause short-term discomfort but rarely pain.

The bladder is slowly filled with saline after which you are asked to urinate in a funnel. Men normally stand, women sit. The catheter stays in the bladder during the examination; it is not a problem to urinate while it is in the bladder.

AFTER THE EXAMINATION

After the examination it is normal to feel a bit of a sting when urinating. This will pass faster if you drink plenty of fluids for the rest of the day – preferably 2 litres of fluid. This also to prevent bladder infection.

FURTHER QUESTIONS

If you have any further questions regarding your examinations you are always welcome to contact us at:

Capio CFR Hellerup
Hans Bekkevolds Allé 2B
2900 Hellerup
Tlf. +45 3977 7070

Phone hours:
Monday-Thursday 8.00 am - 5.00 pm
Friday 8.00 am - 4.00 pm

info@cfrhospitaler.dk
www.capio CFR.dk

