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Urodynamic Study

A **fluoroscopic urodynamic study** is a diagnostic procedure used to assess how effectively your bladder functions. It measures the pressure inside the bladder using specialised computer equipment and incorporates X-ray imaging to visualise the shape and movement of the bladder and urethra (the tube that carries urine out of the body).

Why do I need a urodynamic study?

This investigation helps Prof Lawrentschuk accurately diagnose the nature of your bladder dysfunction and determine the most appropriate treatment plan. It is commonly used to evaluate:

- Involuntary urine leakage during physical activity, such as coughing or exercise (stress incontinence)
- Frequent or urgent need to urinate (urge incontinence)
- Weak urine stream or sensation of incomplete bladder emptying
- Urinary concerns in men, including those unrelated to the prostate
- Bladder dysfunction following prostate surgery
- Bladder problems related to neurological conditions (e.g., spinal cord injury, multiple sclerosis, Parkinson's disease)
- Painful bladder syndromes
- Bladder issues associated with pelvic organ prolapse in women

What is the aim of the urodynamic study?

The procedure is designed to **replicate your typical bladder symptoms** under controlled conditions. This enables Prof Lawrentschuk to better understand the underlying cause of your symptoms and tailor the most effective management strategy. While some patients may feel uncomfortable about the possibility of urinary leakage during the test, it is important to note that this is both expected and informative. Observing bladder behaviour in real time provides critical insights that guide diagnosis and treatment.

How do I prepare for the test?

To ensure accurate results and a smooth procedure, please follow these steps:

- Discontinue overactive bladder medications (e.g., Ditropan, Detrusitol, Vesicare, Enablex, Oxytrol patch) at least 5 days before the test.
- Continue all other prescribed medications, including anticoagulants such as warfarin and aspirin.
- Arrive with a comfortably full bladder; avoid overfilling.
- Fasting is not required.
- No sedation will be administered, so you may drive yourself to and from the appointment.

What happens during the urodynamic study?

The procedure involves the following steps:

- You will first pass urine into a specialised toilet that records your urine flow rate.
- A nurse will gently insert fine catheters into your bladder and rectum to measure internal pressures. Sterile fluid will be gradually introduced into the bladder.
- You will be asked to cough, strain, and urinate at intervals while pressure measurements are taken.
- In some cases, a flexible cystoscopy (a small camera passed through the urethra) may be performed to inspect the bladder lining.
- Following the test, you will be given a dose of antibiotics to reduce the risk of infection.
- Before discharge, staff will confirm that you are able to urinate normally.

How long does the test take?

The urodynamic test itself takes approximately 5–10 minutes. However, please allow up to 2 hours for the full visit, including preparation and observation time.

Will it be uncomfortable?

A local anaesthetic gel will be applied to numb the urethral area prior to catheter insertion. Although some discomfort may occur, most patients find the experience manageable and far less distressing than their bladder symptoms.

Is the procedure safe?

The procedure is considered very safe for the majority of patients. However, it may not be suitable if:

- You have a known allergy to antibiotics
- You are pregnant or suspect you may be pregnant

Please notify Prof Lawrentschuk if either applies.

Are there any side effects?

While adverse effects are uncommon, you may experience:

- **A burning sensation during urination**, which typically resolves within 24 hours. Staying well hydrated and using products such as Ural® or paracetamol may assist.
- **Mild blood in the urine**, usually resolving with increased fluid intake.
- **Urinary tract infection (UTI)** - symptoms may include pain, fever, or an urgent need to urinate. If these occur, contact Professor Lawrentschuk's rooms, as antibiotics may be required.
- **Difficulty urinating**, in rare cases, which may necessitate temporary catheterisation.

Please contact **Prof Lawrentschuk's rooms** on (03) 9329 1197 or attend your nearest **Emergency Department** if you experience symptoms such as a fever, cloudy or smelly urine, significant blood in the urine, inability to pass urine, or persistent burning on urination.

When will I know the results?

Professor Lawrentschuk will discuss preliminary findings with you on the day of the procedure. A follow-up consultation will then be scheduled to review the results in detail and determine the most suitable treatment plan.