Gateshead Urology Services

Undergoing a bladder pressure or cuff test

Information leaflet for patients
Prostate clinic

Dear Sir
You may have recently or will shortly receive an appointment to attend for a bladder pressure or cuff test. The clinic is held in the urology unit, near the main entrance at the Queen Elizabeth Hospital, turn right at the shop and then immediately right again.

Enclosed is an information leaflet designed to give you more information about the test.

As the test requires you to pass urine, you are requested to attend the clinic with a full bladder. If you would find it difficult to travel after drinking approximately two pints of fluid, please attend the clinic at least one hour before your appointment time as water will be available to you. (the clinic will be open from 08.30hours) Feel free to bring your own drinks if you prefer.

The clinic is very informal and appointment times cannot be strictly adhered to because of the nature of the test, however most people are seen on time.

Please do not worry about attending, the test is very simple, and will be done by trained urology nurses in strict privacy.

Yours Sincerely

Lorraine Montgomery
Specialist Nurse Practitioner Urology
What is a bladder pressure test?
A bladder pressure or cuff test is an investigation performed to assist the medical and nursing staff determine the cause of your urinary problems.

All men have a prostate gland. This is a small gland which sits underneath the bladder. As a man grows older there may be an increase in the size of the prostate gland which may obstruct or partially obstruct the bladder outlet. This could result in you developing bothersome urinary symptoms, such as getting up at night to pass urine or passing urine frequently. You should have had the chance to discuss these symptoms with your GP, the urology doctors or the urology nurses.

A bladder pressure test allows us to measure your urinary flow and bladder pressure to determine if your urinary symptoms (also known as LUTS or Lower Urinary Tract Symptoms) are due to an blockage at your bladder outlet. The test also includes a simple ultrasound scan of your abdomen to determine if (after passing urine) your bladder has completely emptied.

The alternative to the CUFF bladder pressure test is a formal urodynamic test done at the Freeman Hospital where catheter lines (tubes) are inserted into both your bladder and rectum (back passage) and the bladder pressure measured internally.

Preparation for the test
On the day of the test you can eat, drive and work normally. It is essential for the test that you attend the clinic with a full bladder. This is why you will be asked to drink about two pints of fluid, without emptying your bladder, before the appointment.

We understand that you may find it uncomfortable or impossible to travel to the clinic with a full bladder, don’t worry there are drinks available in clinic if you would prefer to drink while here at the hospital.

If you intend to drink at the hospital please arrive one hour before your appointment time.

How is the test performed?
When your bladder is full and you feel the need to pass water, the urology nurse will take you into a private room, and fully explain the procedure to you. She will answer any questions you may have. A small cuff (rather like a hospital identity bracelet) will be fitted around your penis. This is a totally painless procedure. This band is connected to a machine which measures the pressures needed for you to pass urine.

You will be left alone in the room to pass urine into a special machine (just like passing urine into a normal toilet) You will feel the cuff getting tighter around your penis as you pass urine, and by getting tighter it will restrict your urine flow and stop it. Once the cuff has restricted your urine flow the cuff will automatically deflate and allow you to continue to pass urine normally. This cycle is repeated until your urine flow is complete.

The full cycle only lasts a few minutes. Once the test is complete the nurse will return to the room and remove the cuff.

Neither the cuff test nor the scan are painful procedures, though some patients have reported discomfort as the cuff inflates.

The test itself lasts only the time it takes you to empty your bladder.
The nurse will then perform an ultrasound scan of your bladder to determine if it is completely empty. Once the scan is done the test is complete.

If you have not had a previous flow test performed you will then be required to sit and drink more until you have refilled your bladder and the test will be repeated without applying the cuff.

When will I get the results?
The nurse in clinic will discuss the results of the test with you, and you may be given a prescription for medication. If you have been referred to clinic by one of the urology consultants your results will be given to them and they will arrange to see you in their clinic or write to you with the results.

Are there any complications that can occur following the test?
2% of patients may experience some blood in their urine following the test. This may colour your urine from pink to red. If this occurs you should increase the amount of fluids you drink (try an extra four glasses of water, throughout the day following the test) and the bleeding should resolve.

If the bleeding persists for longer than one day after the test, or you experience difficulties passing urine, please contact the urology nurse practitioners at the QE. If after 4.30pm please contact your G.P.

We hope you have found this information leaflet useful and informative.

Contact telephone numbers.

<table>
<thead>
<tr>
<th>Telephone numbers</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Urology Nurse Practitioners</td>
<td>0191 445 2217</td>
</tr>
<tr>
<td>Urology Secretary Mon- Fri 9.30 – 4pm</td>
<td>0191 445 2218</td>
</tr>
<tr>
<td>Main switchboard</td>
<td>0191 482 0000 – bleep 2583 urology nurse practitioners</td>
</tr>
</tbody>
</table>

The Patient Advice and Liaison Service (PALS) can provide help, advice and support to patients, relatives or carers who have any questions or concerns regarding their health care. PALS are unable to give medical advice. You can contact PALS on free phone 0800 953 0667. Monday - Friday, 9.00am –5.00pm. An answer phone is available outside of these hours and calls will be returned the next working day.

References
Robson,W et al (2005) A questionnaire study of patients experience during non-invasive urodynamics.. University of Newcastle
Data Protection
Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

In order to assist us improve the services available your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews. Further information is available in the leaflet Disclosure of Confidential Information IL137, via Gateshead Health NHS Foundation Trust website or the PALS Service

Information Leaflet: NoIL326
Version: 1
Title: Undergoing a bladder or cuff test
First Published: December 2010
Review Date: December 2012
Author: Lorraine Montgomery – Urology Nurse Specialist

This leaflet can be made available in other languages and formats upon request