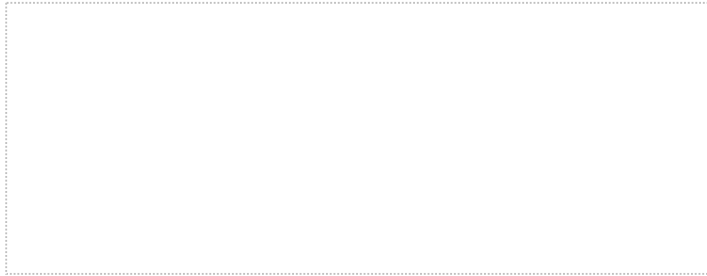


We hope you have found this information leaflet useful and informative.

If you have any queries or concerns regarding the test, please do not hesitate to contact the Urology Nurse Practitioners on the following numbers.



INFORMATION LEAFLET FOR PATIENTS UNDERGOING A BLADDER PRESSURE OR CUFF TEST

References

Blake, C. Abrams, P. (2004) Noninvasive techniques for the measurement of isovolumetric bladder pressure. *The Journal of Urology* 171, 12-19.

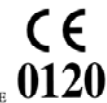
Robson, W et al. (2005) A questionnaire study of patients' experience during non-invasive urodynamics. University of Newcastle.

Pickard, R. et al. (2002) Basic principles of the Newcastle penile cuff test. (Cuff training manual) Regional Medical Physics Department, Freeman Hospital, Newcastle.

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What is a Bladder Pressure Test?

A bladder pressure or cuff test is an investigation performed to assist the medical and nursing staff to determine the cause of your urinary problems.

All men have a prostate gland. This is a small gland that sits underneath the bladder. As a man grows older there may be an increase in size of the prostate gland, which may obstruct or partially obstruct the bladder outlet. This could result in the man developing bothersome urinary symptoms, such as getting up at night to pass urine or passing urine frequently. You will 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) are due to an obstruction 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 where catheter lines are inserted into both your bladder and rectum (back passage) and the bladder pressure is 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 for you to attend with a full bladder, so you will be asked to drink about 2 pints of fluid, without emptying your bladder, prior to 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 1 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 that 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 perform an ultrasound scan of your bladder to determine if it is completely empty. Once the scan is done the test is complete.

When will I get the results?

The nurse in clinic will discuss the results of the test with you, and if possible and appropriate 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.