

Ambulatory Urodynamics (Catheter-Free)

WARWIKI

Patient Information · A wireless bladder test you do while going about your day

This is a newer, catheter-free way to test how your bladder works. A small wireless sensor sits inside your bladder and measures pressure while you drink, move around, and go about your normal day — so the test captures how your bladder really behaves, not just a short snapshot in the clinic.

About This Test

A standard urodynamics test uses tubes and fills the bladder with fluid in the clinic. This test is different:

- A small, soft **ring-shaped sensor** is placed into the bladder through the urethra — this takes under a minute, with numbing gel.
- You wear a small **wireless receiver** that records the readings.
- Your bladder fills **naturally as you drink**, and you **urinate normally** with the sensor in place.

Because it follows your real daily activity, it can be helpful when a standard test was uncomfortable or unclear, or when symptoms come and go. It can also give more lifelike readings when a regular catheter would get in the way of emptying.

Is It Safe?

Early results are promising. The sensor is designed to stay in place during urination and not block your stream, and no serious problems were seen in early studies. The risks are like those of a brief catheter — mild burning and a small chance of a urine infection. Note that this device measures bladder pressure only, so it does not replace every part of a standard test.

LEARN THE TERMS

Ambulatory

Done while you walk around and go about your normal day, not lying still in a clinic.

Sensor

The small ring-shaped device placed in the bladder that measures pressure.

Wireless receiver

A small unit you wear that records the sensor's readings.

Catheter-free

No tubes left in place during the test, unlike standard urodynamics.

Natural filling

Your bladder fills on its own as you drink, instead of being filled with fluid.

Void

To urinate — you do this normally with the sensor in place.

Voiding diary

A simple log of when you drink and urinate that you may be asked to keep.

Urodynamics

Tests that measure how the bladder stores and empties urine.

WILL IT HURT? Placing the sensor takes only seconds, with numbing gel, and feels like brief pressure. Most people barely notice the sensor afterward and can move and urinate normally. Removal is quick — the sensor is gently pulled out through the urethra by a small thread.

How to Get Ready (Before Your Test)

- There is very little to do. Come prepared to **drink fluids and stay for the monitoring period** your team describes.
- Take your **usual medicines**, but ask whether to hold any bladder medicines.
- If asked, **keep a simple diary** of when you drink and urinate during the test.

Tell your team ahead of time if you:

- Have signs of a **urine infection** (burning, fever, or cloudy, strong-smelling urine) — an active infection may mean the test is rescheduled
- Take a blood thinner, or have any allergies

What Happens During the Test

- 1 The opening is cleaned and numbing gel is placed.
- 2 The small ring sensor is gently placed into the bladder through the urethra, and you put on the wireless receiver.
- 3 You drink fluids and move about normally while the sensor records; you urinate normally when you need to.
- 4 When the monitoring period is done, the sensor is gently removed through the urethra by its thread.

After the Test

- You can return to **normal activities right away**.
- You may feel **mild burning when you urinate** for a day or so. Drinking extra water helps and eases this.
- You may notice a **pink tinge** in your urine for a short time. This is common and usually clears within a day.

Call your surgeon's office or seek care if you have:

- A fever or chills
- Trouble urinating, or you cannot urinate at all
- Heavy bleeding, or blood clots in the urine
- Pain that gets worse instead of better

THREE THINGS TO REMEMBER

1. This is a catheter-free, wireless bladder test — a small sensor records how your bladder behaves during your normal day.
2. There is little to prepare. Come ready to drink fluids and stay for the monitoring period, keep a diary if asked, and tell your team about signs of an infection.
3. Placement and removal take only seconds, and you go home right away. Mild burning or a little pink in the urine for a day is normal — drink extra water, and call for fever, heavy bleeding, or trouble urinating.