

URODYNAMIC TESTING

Appointment Date: _____

Appointment Time: _____

A urodynamics study is a series of tests that evaluate the function of the lower tract (bladder and sphincter). Bladder pressure, urine flow and muscle activity are monitored as the bladder fills and empties. These measurements are made by a small catheter placed through the urethra into your bladder. Urodynamic testing is performed to establish or confirm a clinical diagnosis, to assess the severity of a problem, and/or to assess response to a treatment (i.e. medication, surgery, biofeedback).

HOW IT IS DONE:

The urodynamics testing takes about 45 minutes. It is done in our office. You will be asked to empty your bladder into a special toilet. One small tube called a catheter will be inserted into your bladder. It will be used to fill your bladder with sterile water and measure the changes in bladder pressure as it fills and empties. A very small tube will be inserted into your rectum, which will measure the pressures in your abdomen when you strain or cough. Two patches or tiny electrodes, similar to an EKG test, will be placed near your rectum. These will monitor the sphincter muscle and its ability to work properly when you urinate.

As your bladder is filled with fluid from the catheter, you will be asked to describe how your bladder feels. You may be asked to strain or cough several times. When your bladder is full, you will empty it. The nurse will explain everything to you as the test is being done. The catheters are removed once the test is over.

BEFORE YOUR TEST:

1. Discontinue any bladder medications (Detrol-LA, Vesicare, Gelnique, Ditropan XL or Oxybutin) two days prior to the urodynamics test. Continue taking all other medications, including antibiotics.
2. Eat and drink as you normally do. You will be asked to urinate in a special toilet at the beginning of the test, so please drink at least 1-2 glasses of water before arriving for the appointment.

AFTER YOUR TEST:

1. You may have a little discomfort where the catheters were placed. This will go away within a short time.
2. It is common to experience slight burning on urination the first few times you void after the test. Rarely, it may have a slight blood tinge.
3. Continue your normal diet, medications and activities after the testing.
4. Make an appointment for about 7 days after the test to discuss your results with the Doctor.