

Urodynamics

Patient Instruction

Patient Name:

Medical Record #:

Urodynamics appointment

Date:

Time:

Physician:

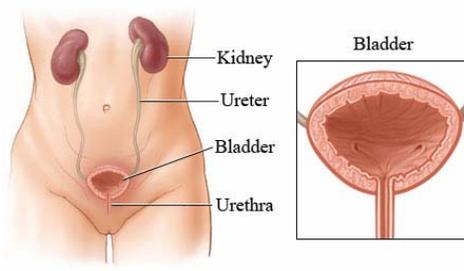
Please arrive 15 minutes before appointment for parking and registration

The test is done on an outpatient basis. You can drive yourself to and from the appointment since there is no medication or sedation necessary.

Please read the following instructions prior to your visit.

What is Urodynamics

Urodynamics is the study of how the body stores and releases urine. The study is a test in which your urologist with the help of a computer, attempts to mimic what happens to your body as the bladder fills and empties. Urodynamic tests help your doctor to see how well your bladder and sphincter muscles work and can help explain symptoms such as: incontinence, frequent urination, sudden, strong urges to urinate, problems starting a urine stream, painful urination, problems emptying your bladder completely, and recurrent urinary tract infections.



Preparation for Urodynamics

You may eat, drink and take your medications like you normally do every day. Try to come with a full bladder but do not make yourself uncomfortably full. If you can't hold your urine, it is okay. If you have a catheter then you do not need to have a full bladder. If you catheterize then keep your normal routine. On the day of your test, please arrive 15 minutes before your scheduled time. The test takes approximately 60 minutes to 90 minutes.

Description of the test

The Urodynamic test is designed to test the pressures in your bladder. There is little discomfort involved in this test. Sedation and numbing medicines **cannot** be used because they will alter your test results. In order to do the test, your doctor will put a small catheter into your bladder. There is also a small rectal catheter and two small electrodes placed by your rectum. These catheters are connected to a computer which records information as your bladder is filled with water. During the test you will tell the doctor when you are first aware of the urge to urinate (**First Desire**), then when you would stop what you are doing to urinate (indicating a **Strong Urge**), and when you are filled to capacity. At that time the filling will stop and you will be asked to urinate. The computer will make a graph of the urine flow. After this, the small tubes are removed and the exam is over.

After the test

You may have mild discomfort for a few hours after the test. You may experience some frequent urination and slight burning the first few times you void after the test. Infrequently, the urine is blood tinged. These are both due to catheter placements and resolve quickly. If you have signs of infection—including pain, chills, or fever—you should call your doctor. Most people tolerate this test very well and experience no discomfort whatsoever. We do encourage you to drink plenty of water after the test.