

Urodynamics: Patient Information

About Urodynamics: You have been scheduled for a *urodynamic evaluation* - an unfamiliar experience that may very well give you feelings of apprehension and concern. Simply put, urodynamics is an opportunity for us to evaluate your bladder function. Experience has proven, after several thousand examinations, that patients are generally comfortable during the examination and that their pre-examination anxiety was unnecessary. They have also found that that they can return to their normal schedule immediately after the examination. This evaluation is not “pass-fail” or graded numerically! It is merely an analysis of the individuality of your bladder function. It will aid us in understanding the nature of your problem, which is important for choosing the proper therapeutic program. The bladder has two principle functions - to store urine and to empty urine. The most important structures involved in these functions are the *bladder* itself and a little valve at the opening to the bladder that is called the *sphincter muscle*.

These are some of the reasons you may need urodynamics:

- Urine leakage
- Frequent urination
- Painful urination
- Sudden strong urges to urinate
- Problems starting a urine stream
- Problems emptying the bladder completely
- For surgical planning before pelvic surgery

Before the Procedure:

- Usually there are no restrictions on eating or drinking before the test. In fact, we would like you to drink a full glass of water or other fluid about 30 minutes before the procedure. You can drive yourself to and from your appointment, and even return to work afterwards.
- To see if you have a bladder infection, you will need to give a urine sample before your test. We ask that you leave a urine sample the week before the test. In addition, come to the procedure with a comfortably full bladder since we will ask you to provide a urine sample to check your urine again before the procedure.
- Typically, you do not need to stop taking any medications before the procedure. Please call our office if you have any specific questions.
- If you were asked to complete a voiding diary before your urodynamic test, please remember to bring a completed copy of the voiding diary to this visit.





During the Procedure:

- During the procedure you will get undressed from the waist down and a sheet will be placed on the lower part of your body.
- First, you will sit down on the chair and urinate normally. This test measures how fast or slow urine flows out of the bladder. It can determine if your bladder muscles are weak or the urine flow is blocked. A special collection device measures the volume and speed of the urine you pass.
- We will then measure your post-void residual which is the amount of urine remaining in the bladder after you urinate. Everyone has a small amount of urine remaining in the bladder after urination.
- During the actual urodynamic procedure, a very small catheter is placed into your bladder through your urethra. The catheter has pressure sensors in the bladder and urethra. A second catheter is placed into the vagina or rectum and measures pressure inside the abdomen. Your bladder is then filled with sterile water, which may feel cool. As this happens you will be asked to tell when your bladder starts to fill, feels a little full, is almost full and lastly feels completely full. Try to allow your bladder to fill as much as possible. You will be asked to cough and bear down to see if urine leaks out. You may even be asked to stand up, cough and strain.
- You will also have two special sensors placed that will measure the muscle and nerve activity of the pelvic floor muscles and urinary sphincter. These are usually stickers placed on the skin.

After the Procedure:

- After the procedure you may feel mild burning when you urinate. This usually lasts for about one day. To help relieve the burning feeling, take a warm bath or apply a warm damp wash cloth to your urethra area. If you need additional pain relief, you may purchase Pyridium®, which is an over the counter medication. This medication can be taken up to three times a day and may help alleviate any burning. This medication will turn your urine bright orange and may stain underwear so you may want to wear an absorbent pad.
- A small number of women develop a urinary tract infection (UTI) after the test.
- Call our office if pain lasts more than a few days. Also call our office if you have signs of a UTI such as pain when you urinate, smelly or cloudy urine, fever, or chills.
- Most women return to normal activities within a few hours or a day after the procedure.

Take Away Points

Urodynamics testing will measure how well the bladder holds and releases urine. If you leak urine, testing can help find the cause

Potential aftereffects include mild burning when you void for a few days after the test. These symptoms usually go away within 2 hours