

The Continence and Support Center

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WHAT TO EXPECT BEFORE URODYNAMICS

What is Urodynamics?

Urodynamics is a series of tests that help evaluate problems you may have with holding or emptying urine. There are several different tests that may be performed the day of your evaluation including:

- Uroflowmetry - This test will be done first. It measures the amount of urine, the time it takes to urinate and the rate of your urine flow. It will also tell us if you are able to start and stop your stream, and whether or not it is strong or forceful. You will be asked to urinate into a special container that is placed under a commode chair. After you urinate, a catheter will be inserted into your urethra to see how well you empty your bladder.
- Cystometry - This test determines how much your bladder can hold, how well the bladder muscle functions, and how well the nerves going to the bladder work. A very small catheter will be inserted into the bladder through the urethra. Most patients experience little, if any discomfort with this procedure. Your bladder will be filled with sterile water. A second catheter may be placed into the vagina to provide additional information. You will be asked when you feel the first sensation to use the bathroom, when you feel very full and unable to hold it any longer. You will also be asked to bear down and cough.
- Urethral Pressure Profile - This test measures the pressure in your urethra as it leaves the bladder and is useful in finding the cause of the incontinence. The catheter is slowly withdrawn from the bladder, and special equipment measures the different pressures.
- Pressure Flow Study - This is a measurement of the flow and pressure of the bladder. It is performed with the catheters in place while you are urinating. This study is important in evaluating problems associated with bladder emptying.

Reasons for Performing this Testing Includes:

- Incontinence or uncontrollable loss of urine
- Incomplete emptying of your bladder
- Symptoms such as uncomfortable frequency of urination or constant, urgent, need to urinate
- Intermittent or weak urine stream

Preparing for your Urodynamic Testing

For a complete evaluation of your bladder function you will be asked to:

- Answer a Urodynamic Questionnaire that asks specific questions about your bladder
- Fill out a Voiding Diary in which you record every time you urinate for 24 hours, as well as how much you are drinking
- Drink at least 32 oz. (1 quart) of liquid just before the time of your appointment for the urodynamics. Do not empty your bladder
- Arrive 15 minutes prior to your appointment

Special Instructions:

If you are taking medications for your bladder, ASK your doctor if you should discontinue taking them prior to testing.

You may eat and drink up to the time of testing. Please come with a COMFORTABLY full bladder.

You may drive the day of testing. No medication or sedation is given.

***Note: We suggest that patients with the following medical conditions contact the doctor treating your condition to see if prophylactic antibiotics are needed prior to testing:

- Mitral Valve Prolapse
- Valvular Heart Disease
- Organ Transplant
- Total Joint Replacement (within the last 12 months)

What Happens After Testing?

Urodynamics can take up to an hour and a half, depending on the tests your physician orders. After your evaluation is complete, the catheters and patches will be removed. You will be given a home instruction sheet. A follow-up appointment must be made to review the test results.