

# **The Continence and Support Center**

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## **WHAT TO EXPECT AFTER URODYNAMICS**

1. Drink plenty of fluids to flush out the bladder. Avoid beverages containing alcohol, carbonation or caffeine as they will irritate the lining of the bladder.
2. Soak in a warm tub or sitz bath for perineal discomfort.
3. Signs and symptoms of a urinary tract infection include:
  - Fever or Chills
  - Frequency, urgency, or painful urination
  - Blood in your urine
  - Back pain

Some of these symptoms may be present after testing but if they persist please contact Dr. Edwards.

4. A follow up appointment should be scheduled with either Dr. Edwards or the doctor who referred you to review the results of your testing.