



Advanced Women's Healthcare

PATIENT INFORMATION FOR A URODYNAMICS STUDY

WHAT IS URODYNAMICS?

Urodynamics refers to a series of diagnostic tests that evaluate the function of your bladder and urethra. These tests may be recommended if you have urinary incontinence (leakage of urine), recurrent bladder infections, a slow or weak urinary stream, incomplete bladder emptying, or frequent urination. Urodynamics tests provide valuable information to aid in the accurate diagnosis of your urinary problems and to decide the direction of your treatment.

WHAT DOES URODYNAMICS TESTING INCLUDE?

Uroflowmetry:

This study measures your urinary flow rate. You should come to the test feeling as though you need to urinate. Try not to empty your bladder one hour before your test is scheduled. You will be asked to urinate into a special commode that allows a computer to measure your urine flow rate and voided volume.

EMG:

This study measures how well you can control your sphincter (outlet) muscles and helps determine if they are working in coordination with your bladder. "Sticky patches" (electrodes) will be placed near the rectum to record sphincter muscle activity.

Cystometrogram:

This study measures your bladder capacity, evaluates how your bladder holds urine, and determines how well you can control your bladder muscle.

One very small catheter will be placed in your bladder, and another catheter will be placed in your rectum. These catheters will measure both the pressure inside your bladder, and the pressure your body exerts on your bladder.

You will be asked to report the sensations you feel as your bladder is filled (such as when you first feel the need to urinate and when that feeling intensifies).

You may be asked to cough, bear down, or stand during the test so as to check for leakage of urine. At the end of the study, you will be asked to urinate again.

Pressure Flow Study:

This study measures how well the bladder muscles, the sphincter, and the urethra work together. This test may be done sitting on a commode or standing. Your bladder will be filled until you feel that your bladder is completely full. You will then be asked to urinate. The computer will measure the strength of your bladder muscles and sphincter, as well as the urinary flow rate and voided volume.



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HOW TO PREPARE FOR URODYNAMICS

PLEASE NOTE

- Arrive for the study with a comfortably full bladder. Try not to urinate 1 hour prior to the test.
- If you are able to have a bowel movement that morning before you come, please do so as this will assist with the test. However, if you are not able to, you can still have the test done.
- However, if you have a catheter, no further preparation required.

At the beginning of the test, you will be asked to urinate and empty your bladder. Please do not urinate in the lobby bathroom after you check in. Unless otherwise directed by your doctor, you should take your normally scheduled medications. You may eat and drink prior to the study.

The series of tests typically takes about 1 hour. You will be able to resume all previous activities, including driving, upon completion of the urodynamics studies. However, you will meet with the doctor to discuss your results the same day after your test.

YOUR APPOINTMENT

Please arrive 10 minutes prior to your appointment to complete necessary paperwork. Please come ready with a full bladder.

ADDITIONAL SERVICES

Pelvic Floor Physical Therapy:

This non-surgical form of therapy is used to retrain the pelvic floor and/or bladder muscles. Typically, pelvic floor therapy consists of weekly 40 min sessions with the initial assessment session lasting 1 hour. The physical therapist will evaluate your muscle strength and instruct you on how to properly isolate and exercise these pelvic floor muscles. A computer and biofeedback system will be used to guide you and monitor your progress. The physical therapist will educate you in these techniques so that you can continue the exercises at home.

Ask your physician if this course of treatment may be right for you.