

URODYNAMICS

1. What happens during a urodynamic test?

For the first part of the test, you will need to empty your bladder into a special toilet called a flow meter. This measures how much urine you pass and the flow of the urine. *This is why you need to come to the test with a full bladder.*

The next part of the test measures the way your bladder works as it fills up. A very thin catheter is placed into your bladder. Another catheter is put into your vagina. This allows the pressure inside your bladder to be compared with the pressure outside your bladder. Once the catheters are in the correct position, fluid runs into your bladder at a controlled rate. This slowly fills your bladder whilst recordings are made.

You will then be asked to empty your bladder into the special toilet again at the end of the test, with the catheters still in place.

2. What should I do to prepare?

Before the test please make sure to drink plenty of fluids and come to the office with a full bladder. Please let the office know if you have any urinary symptoms such as burning or pain before the test begins as you may have an infection.

3. What can I expect after a urodynamic test?

After the tests some people feel a slight stinging or burning sensation when they pass urine. If you drink plenty of fluids these symptoms should quickly settle. (15 glasses of water is recommended)

After having urodynamic tests there is a small possibility that you may develop a urinary tract infection. This may be caused due to insertion of very thin tubes (catheters) into your bladder during the test.

Please contact the office if you experience any pain, bleeding, or fever.

4. Why do I need to do a Urodynamics test?

In simple terms, it is the EKG of the bladder. Through various catheters and electrodes, we measure your bladder pressure, the ability of your bladder to hold urine and measure the leakage of urine, if any.

This study helps us decide whether a *medication* can help stabilize an “**angry**” bladder OR *surgery* to support a **weak** bladder.

5. When do I get the results?

You need to follow up with the provider in 2 weeks to discuss the results and further management of the problem.

Take care and be well!!

Your friendly team at

www.walkingyn.com