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.

How to prepare for urodynamics

Prior to your appointment you may be asked to complete a bladder diary or questionnaire. Please bring this with you to the appointment.

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 take less than one hour. You will be able to resume all previous activities, including driving, upon completion of the Urodynamics studies.

Your physician will decide which of the following procedures are appropriate for you.

Please arrive for the study with a comfortably full bladder.

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.

Video-Urodynamics

This study allows the physician to see the shape and position of your bladder as it fills and empties. This is done at the same time as the tests described below. A special fluid will be used to fill your bladder and x-ray images will be taken.

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.

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.

Biofeedback & Pelvic floor Therapy

This non-surgical form of therapy is used to re-train the pelvic floor and/or bladder muscles. Typically, pelvic floor therapy consists of weekly sessions for six weeks. The first session will last about one hour, but the remaining sessions will be shorter.

Using biofeedback and electrical stimulation techniques, a nurse will evaluate your muscle strength and instruct you on how to properly isolate and exercise these pelvic floor muscles. A computer will be used to guide you and monitor your progress.

The nurse will educate you in these techniques so that you can continue the exercises at home.

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How to make an appointment

Your physician will determine what type of Urodynamics studies you will need. Pelvic Floor therapy maybe schedule, if needed, after urodynamics studies have been performed.

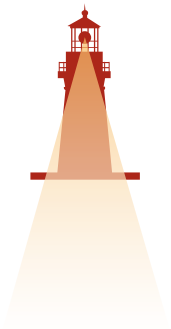
Once testing has been scheduled, you will receive verification of appointment time and location in the mail.

If you are asked to fill out a bladder diary or questionnaire, please be sure to bring the completed forms to the appointment.

You should arrive 20 minutes prior to your scheduled appointment to register.

Please arrive with a comfortably full bladder.

If you have any additional questions about medications or procedures please call your physician's office.



PATIENT INFORMATION

GUIDE TO URODYNAMICS