

URODYNAMIC TESTING

What to Expect

Your urodynamics appointment is scheduled for 60 minutes. The testing is done in the office and does not require pain medication or sedation. If you have symptoms of a urinary tract infection, your test will be rescheduled following antibiotic therapy. If you are taking any medication for urinary frequency, urgency, or leakage, you will need to discontinue this 48 hours prior to your appointment.

At the start of the test, you will need to empty your bladder in a special chair. Therefore, we ask that you make every attempt to come into the clinic with a full bladder. You do not need to drink more water than usual.

After you have emptied your bladder, two small tubes (catheters) will be inserted into the body: one goes into the bladder and the other goes into the vagina. The bladder catheter will be used to fill the bladder with water as well as measure pressure in the bladder. The vaginal catheter will measure the pressure in your abdomen. If you have pelvic organ prolapse, a large Q-tip may be inserted into your vagina to lift up your prolapse. Any slight discomfort you may feel from the catheter insertion should go away within a few minutes.

The clinician will monitor your bladder function, urethral function, and muscle activity during the test. As your bladder is slowly filling with water, you will tell the clinician when you feel the need to urinate, and how urgently. You will also be asked to cough and bear down during the test to mimic the symptoms you are experiencing. When you state that your bladder is full, the water will turn off. A couple additional quick tests may be performed to aid your doctor in diagnosing and treating your condition(s). After the test, you will be asked to empty your bladder.

The catheters will be taken out when the test is over. You may experience minor discomfort where the catheters were placed, but this will only last for a few hours. A warm tub bath may help ease discomfort. It is also important to increase your fluid consumption over the next 24 to 48 hours. Drink at least 8-10 glasses of water unless you have a medical condition which limits your fluid consumption.

After the tests are completed, you should continue your regular diet, medications, and activities unless given other instructions by the doctor.

Your Results

The results of your studies will be reviewed with you in detail by your doctor. You may have an appointment scheduled immediately following the test. Sometimes an appointment will be scheduled on another day for result review.