

Frequently asked questions

- Q. Why am I getting a urodynamic study?
- A. You may leak urine when you cough or laugh, have a sudden need to urinate, or urinate without knowing. You may also have a hard time getting a stream going or emptying your bladder completely. This test helps your doctor learn more about your bladder function and how to best treat you.
- Q. How long does the study take?
- A. The full study takes about 60 minutes.
- Q. Does it hurt?
- A. You may have some brief discomfort as the catheter is passed into your bladder. The rest of the urodynamic study should not cause you any discomfort. You will not receive any medication for sedation during the study. You should be able to resume normal activity after the test.
- Q. What if I cannot have a bowel movement at home before the test?
- A. It might be helpful to have a bowel movement before the test because a small catheter inserted in your rectum may give you the urge to have a bowel movement during the test; however, it is not required! We do not recommend that you take laxatives or other bowel prep medication to force a bowel movement before the test.
- Q. How soon will the test results be available?
- A. Test results are usually available within 1-2 weeks. You should have a follow up appointment with your urologist in that time period to go over the results.
- Q. Will this study treat my symptoms?
- A. This study will not treat any of your symptoms. It only shows how your bladder works. However, it may help your physician determine an appropriate course of treatment for you.

Notes



Urodynamic study

A set of simple tests that shows how your bladder, urethra, and urinary sphincters store and empty urine

Preparing for urodynamics

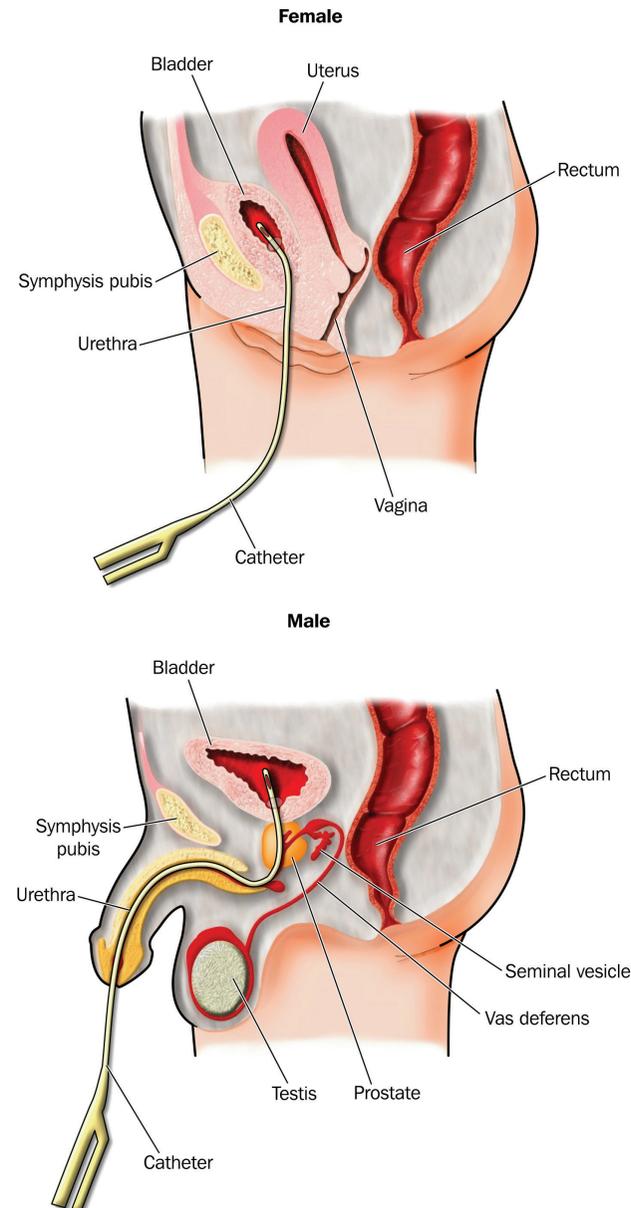
- For **two days and nights before** your study, use your voiding diary to monitor your urinary habits. Use the white plastic container given to you in clinic to measure your urine.
- Bring the **completed voiding diary and questionnaire** to your appointment.
- While it is not required, it might be helpful to try to have a bowel movement at home before the test.
- There are **no diet restrictions** before this procedure. **Do not fast. Make sure you eat a light meal before.**
- Arrive with a **comfortably full bladder** and be ready to urinate.
- Arrive **at least 15 minutes before** your appointment time.

What does this study measure?

1. Flow rate (uroflowmetry): how you urinate
2. Filling and volume test (cystometrogram): how your bladder muscle stretches as your bladder fills
3. Pressure flow test: how hard your bladder muscle works to get the urine out
4. Sphincter muscle test (electromyography): how well the sphincters work to keep the urine from accidentally leaking

During the study

You will have a small catheter (plastic tube) inserted into your bladder through the urethra and another small catheter inserted in your rectum. This will give us information on what is happening in and around your bladder as it fills with water.



As we slowly fill your bladder, we will ask you to tell us when:

- You first notice that your bladder is filling
- You first feel the need to urinate, but can still hold it
- You would start looking for a bathroom
- You cannot hold the urine any longer

Post procedure symptoms

These symptoms are normal for up to 48 hours after your procedure:

- Your regular urinary symptoms may feel worse
- Small amount of bleeding
- Burning sensation while urinating

These symptoms are **abnormal**—please call the Urology clinic if you have any of the following symptoms:

- If the above symptoms do not get better within 1-2 days
- Painful urination or urine that is thick, cloudy, and foul-smelling
- Unable to pass urine for more than 8 hours after the test
- Large amount of bleeding or passing blood clots the size of a quarter
- Strong pain in your urethra, bladder, or abdomen that does not go away with Tylenol
- Fever of 101 degrees F or higher