

Urodynamic Testing: Your Guide

Patient's Name: _____

Urodynamics Appointment Date: _____

Special Instructions:

Please come to appointment with a full bladder

Your physician has recommended that you undergo urodynamic testing. This simple, painless study is a series of tests that allows your physician to evaluate any problems your bladder may have storing or emptying urine.

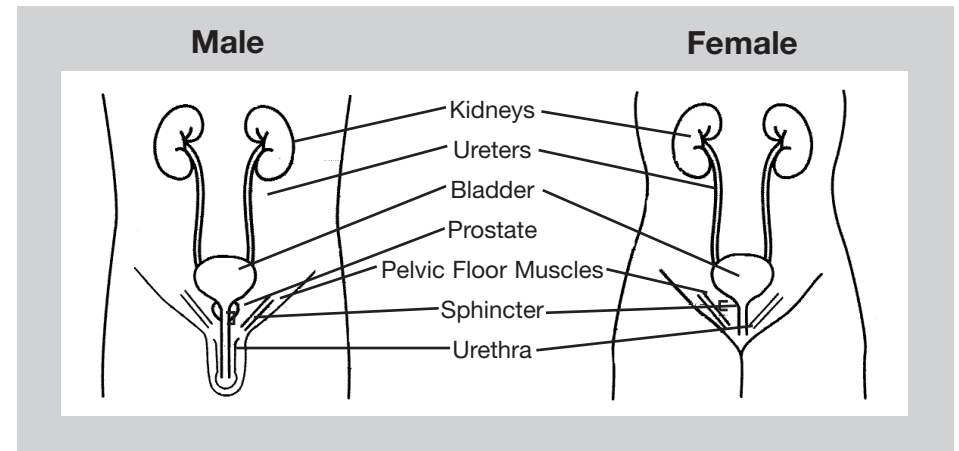
Why You Need a Urodynamic Study

Reasons that your physician is offering you this test may include the following common problems:

- You may be incontinent (leak urine).
- Your bladder may not empty completely.
- You may have uncomfortable symptoms, such as the frequent need to urinate or a constant urgent need to urinate.
- Your urine stream may be intermittent or weak.
- You may have persistent urinary tract infections.

Your Lower Urinary Tract

The lower urinary tract has two main functions: storing and emptying urine. The bladder is a muscle-lined organ which collects urine until you are ready to release it. The urethra is a canal which carries urine from the bladder out of the body. Pelvic floor muscles support the bladder and urethra to keep them in the proper position. To store urine, the bladder muscle stays relaxed as the urethral muscle (sphincter) contracts. To empty urine, the urethral sphincter and pelvic floor muscles relax while the bladder contracts.



What Will Happen During Your Urodynamic Study

Urodynamic testing provides valuable data on bladder function for your physician to make the best recommendations for treatment. This study does not require sedating medication. When you arrive at the clinic for your test, you will be asked to undress from the waist down and a drape or gown will be provided. The study usually takes 15-30 minutes.

Several different tests are used to evaluate symptoms of the lower urinary tract. Because of your particular symptoms and concerns, tests which you can expect to be performed at your appointment are checked below:

Uroflowmetry

This test measures the amount and rate of urine you void from your bladder. This noninvasive study is frequently used to screen for bladder emptying problems.

Process: You will be asked to urinate into a special container placed under a commode or into a funnel attached to equipment that records your urine flow over time.

Time Required: 1-2 minutes

Cystometry

This test evaluates how much your bladder can hold, how well the bladder muscles function and how the neurological signals work that tell you when your bladder is full. This is the primary test used to reproduce and evaluate symptoms of incontinence and other bladder problems.

Process: A catheter will be inserted through the urethra into the bladder. Through this catheter, your bladder will be filled with sterile water or a saline solution. A second catheter may be placed in your vagina or rectum to provide additional data. You will be asked to report any sensations you feel and if they are similar to ones that you have felt at home. You may be asked to cough, bear down (“Valsalva”), or stand during this test.

Time Required: 10-20 minutes

Urethral Pressure Profile Study

This test evaluates the amount of pressure in your urethra. This information can be useful in evaluating the cause of incontinence.

Process: The bladder catheter is withdrawn slowly from the bladder and special equipment generates a urethral pressure curve.

Time Required: 1-2 minutes

Pressure Flow Study

This test is an in-depth measurement of the pressure and flow of urine out of your bladder. This study is valuable for evaluating problems with emptying urine.

Process: Pressure flow studies can be performed after cystometry. You will be asked to urinate with the cystometry catheters in place into a funnel attached to special equipment.

Time Required: 1-5 minutes

Getting Your Results

Test results may be available immediately after the study is finished, or you may be asked to return to your doctor’s office in a few days for your results. The report will include a summary of the study results, your doctor’s diagnosis of your problem, and suggestions for further evaluation and treatment. After reviewing the results, your doctor will talk with you about the study report and your treatment options.

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