



What is Urodynamics?

Urodynamics is a series of tests that determines how the bladder, urinary sphincter, and urethra are storing and releasing urine. Most of the focus is on the bladder's ability to hold urine and empty steadily and completely. Urodynamic testing can also show whether the bladder is having involuntary contractions that cause urine leakage. It helps evaluate and treat urine leakage, frequent urination, urinary urgency, difficulties starting the urinary flow, and difficulties emptying the bladder completely. It is also helpful in providing information before any surgical procedure and baseline bladder function in those with progressing neurologic disorders.

Why did my provider order Urodynamics? How will it help in my plan of care?

Urodynamics is a combination of several useful tests that provide valuable information about your lower urinary tract. The testing primarily "draws a picture" for your provider of what happens when your bladder fills up, stores, and then empties urine. It helps diagnose the nature of a lower urinary tract problem. This information is then used to improve your provider choose how best treat your symptoms.

How do I prepare for urodynamics testing?

- Please disclose any medications we have prescribed for you when you come in for urodynamics testing.
- Please come to the urodynamics appointment with a comfortably full bladder.
- If you have a Foley catheter, it does not need to be removed before the test.

What to expect during the test?

The length of the test will be determined by how long it takes for you to urinate. Usually, the test is no longer than 30 minutes. Your provider will record the length of time it takes for you to produce a urinary stream, note the volume of urine produced, and document the ability or inability to stop the urine flow in midstream. In order to do this, there will be a few steps to complete the testing. Small catheters will be temporarily inserted into the urethra and rectum to ensure precise measurements. Your bladder will then be filled with sterile water, and you will be asked to hold your urine as your bladder is being filled. Once you feel the sensation of a full bladder, you will be asked to urinate into a portable commode. This test monitors and records the pressure inside the bladder using sensors that monitor muscle and nerve activity. Once you have urinated completely, the test is over. Both catheters will be removed.

What to expect after the test?

- Burning with urination.
- Frequent and urgent urinary symptoms.
- Blood in your urine.

What happens next?

- You will receive one dose of an antibiotic to prevent infection and another medication to relieve bladder discomfort.
- You only need one dose of each, and no prescription is required.
- Before you leave the office, you will schedule a follow-up appointment to go over the results of the study with a provider. Your provider will discuss your plan of care and possible treatment including medical and surgical options.
- You may restart any medication we have prescribed for you that you discontinued before the procedure.
- **Hydrate!**

What are the risks?

- Infection
- Discomfort with urination that will subside within 24 hours to 1 week

If you have any questions or concerns, please contact our office between Monday-Thursday 8:30 AM-4:30 PM, Friday 8:30 AM-1:00 PM. Office number 512-451-7935.