

Understanding Urodynamic Testing

The tests that will help diagnose your problems with urination or urine leakage are called urodynamics. The results will indicate how your bladder and the muscles of the pelvic floor are working. Your testing will involve a combination of tests. These tests will not be painful but they may cause some minor discomfort.

1. Uroflow – measures the amount and speed of urine that you pass during a specific period of time. It indicates how well your bladder is functioning. You'll need to have a comfortably full bladder.

2. Cystometrogram (CMG) – measures how well your bladder fills and stores urine. A small thin tube called a catheter will be placed into your bladder and will be used to fill your bladder with harmless sterile water. There is a pressure sensor at the tip of the catheter that measures the pressure in your bladder (**intravesical pressure**) during filling phase. A catheter is placed into either the rectum to measure the pressure inside the abdomen (**intra-abdominal pressure**). The pressure is used in an equation to determine the amount of pressure the bladder muscle exerts.

4. Pressure flow study demonstrates how well your bladder empties. You'll be requested to empty your bladder again, this time with a catheter in it. During this phase pressures in your bladder and in your abdomen will be measured again.

5. Electromyogram (EMG) – measures the activity of the urethral sphincter muscle that holds the urine in the bladder using skin patches or pins.

Patient instructions for Urodynamic Testing

1. Please empty your bladder 2 hour before the testing and drink 20 oz. of water. Be aware that sometimes repeated testing is needed to understand the disease. This can prolong the testing time
2. When you arrive for your test, make sure that you **do not** use the bathroom to empty your bladder. You will urinate into a container that will measure the speed of your stream and the amount of urine emptied as part of the testing.
3. Make sure that you completed at least one sheet of “24h of voiding diary” that was given to you during your last office visit.
4. Usually we require you to stop medication given to you for overactive bladder (**Myrbetriq, Detrol, Vesicare, Sanctura, Enablex, tolterodine, oxybutynin**) or voiding dysfunction (**tamsulosin, alfuzosin, doxazosine, terazosin and Rapaflo**) 48 hours before the test. Check with your physician if this is necessary.
5. If you have symptoms suggestive of **urinary tract infection** (new onset of burning with urination, increased urgency and frequency) let us know in advance. If additionally your urine sample suggests infection, the test will not be performed.

Center for Sexual & Urinary Function

Billing and payments

You have been scheduled for urodynamic studies on _____

1. The study is covered by most insurance companies (including Medicare and ACCHSS plans) as an in-office procedure. Copays may still be collected depending on your insurance. Make sure that you know the portion of your payment well in advance before the test. Call (623) 780-2300 for information.
2. The testing is elaborate and it takes approximately one hour. It employs a nurse and a technician and uses a sophisticated computer system. Current waiting time for the testing is 4 weeks. Should you decide to cancel **please notify us at least 48 hours in advance** so that other patients can take your place by calling (623) 780-2300 or (928) 537-0111. We will **charge \$90 for not showing up for the test without prior notification.**

I acknowledge that failure to reschedule the procedure 48 hours prior to the scheduled date and time or not showing for the procedure will render me liable for payment of **\$90**. These charges will be payable at my next office visit or upon receipt of the statement

Patient/Guardian

Date