



## **Urodynamic Testing**

You are scheduled to undergo urodynamic testing and this document is designed to explain the procedure and give you pre and post-procedure instructions.

Please come to the office with a full bladder and try not to empty prior to being called back for your appointment. You do not have to remain uncomfortably full; we just ask you to have a relatively full bladder. After the procedure you will receive either a prescription or a small amount of antibiotics in order to prevent getting a urinary tract infection. Please remember to take all of the medication prescribed for the next two days. Call the office if burning or other symptoms of a urinary tract infection persist after finishing the antibiotic.

Once you are called back for the procedure the first thing you will do is empty your bladder on a special collecting chair which measures the amount and rate of flow of your urine. This portion is called uroflowmetry.

After that we will do a complete examination of your pelvic looking for nervous system function and anatomic evidence of pelvic organ prolapse issues.

Next we will insert two catheters, one into the urethra and one in the vagina in order to measure the pressures your body experiences as we fill your bladder and have you do the various provocative exercises designed to mimic the conditions where you have bladder issues in the real world. Please do not be embarrassed by leaking urine or passing gas or stool during this time. This is why you are coming to the office for help and we are committed to diagnosing the cause and expect accidents like this during the course of the testing. The catheters we use are quite small and usually cause no more than minor discomfort.

Once this part of the procedure has been completed then you will again empty your bladder and as we remove the catheters we will measure the strength of the urinary sphincter to make sure it is functional.

The procedure takes about 20-30 minutes. After the procedure you will sit down with the physician and discuss the test results and what treatments are suggested by the diagnosis.