



Urodynamics

What is a Urodynamic study?

A Urodynamic study is an office based test that gives your doctor a detailed look at the function of your bladder and urethra much like an EKG gives information about your heart. These tests help your doctor evaluate problems you may have with the storage or elimination of urine from your body. Urodynamics are helpful in the diagnosis of your urinary condition and in the tailoring of treatment options.

Your test is schedule for: Date _____ Time _____

Why do I need a Urodynamic study?

Urodynamics are important in the evaluation of many urinary problems including:

- Incontinence (leakage of urine)
- Retention of urine or incomplete bladder emptying
- Symptoms such as the frequent need to urinate or a constant, urgent need to urinate.
- A weak or intermittent urinary stream
- Neurologic conditions affecting the bladder
- Urinary conditions associated with prolapse of the pelvic organs (example: Cystocele)

How do I prepare for the study?

1. Included in this packet is a diary to record your urinary habits for any 2 days prior to the test. Bring these completed diaries with you the day of the test as they are a helpful part of your evaluation.
2. If you take medications for bladder control such as **Vesicare, Detrol, Ditropan, Oxytrol, Enablex, Toviaz, or Sanctura**, stop them for **3 days** before the test, or as directed by your physician.
3. Start the antibiotic included in this packet (**Macobid/Nitrofurantoin**) 2 days before the test and continue taking the medication until you have completed the entire course (4 days total). Let us know if you are allergic to this medication so an alternate can be prescribed.
4. **Please arrive for your test with a full bladder.** This is very important.
5. You do not need to fast before this test. Eat breakfast and/or lunch as you would normally.

What should I expect during the test?

You should expect the study to take about an hour. The test is painless, so you won't need sedating medicine and you can drive yourself to and from the office. A small catheter will be placed in your bladder and rectum to monitor pressures. These sensors will then be connected to a computer to record your bladder's behavior while it is being filled. You will be asked to cough and strain and also to urinate during the study. Try to relax to help make the study as realistic and reliable as possible.