

What to Expect With Urodynamic Testing

Urodynamics is a series of tests that will help the doctors evaluate problems you may have with holding or emptying urine. They are interactive tests. There are no right or wrong answers. The results of your urodynamic profile (UDP) will help determine the best treatment option for you.

Your appointment is scheduled for:

Preparing for your test:

You should stop the following medications for your bladder 3 days ahead of your appointment: oxybutynin, Detrol, Vesicare, Enablex, Sanctura, Gelnique, Toviaz and Myrbetriq.

Do not stop medications for the prostate such as Terazosin, Flomax, Uroxatral and Rapaflo.

Please arrive 15 minutes before your scheduled test time. It is important to have a moderately full bladder when you come in for the study. You may eat and drink up until the time of the test. If you wear pads or have a catheter in, please bring extra supplies for after the test.

You may drive the day of the testing. No sedation is used.

Please inform us as soon as possible if you have the following conditions as you may need prophylactic antibiotics:

- Heart valve replacement
- Organ transplant
- Total joint replacement (within the last 12 months)

Risks of the test include urinary tract infection, bleeding, and discomfort while voiding.

During the Test:

The first part of the test will involve urinating into a special toilet that catches and measures the urine. This will allow the doctor to see how fast the urine comes out (flow rate) and the amount voided.

Afterward, a temporary catheter is placed in the bladder to drain the remaining urine.

Electrode patches will be placed on the skin on the top part of the inner thigh. These will measure the muscle and nerve activity during the test.

To determine how the bladder muscles work, a smaller catheter with pressure-measuring sensors is placed in the bladder. Another catheter will be placed in the rectum to record the intra-abdominal pressure. These sensors will be removed at the end of the test.

The empty bladder is then slowly filled with sterile water. You will be asked to indicate when you feel the need to void. The test may be temporarily suspended while the doctor has you cough or strain to see if it will cause leakage. After the bladder starts leaking on it's own or you have a feeling of complete bladder fullness, the test will end.

After the Test:

The doctor may use a camera (cystoscope) to look inside your bladder. You will then be allowed to use the restroom and get dressed. One dose of an antibiotic medication will be given.

The doctor will interpret the test results and discuss a treatment plan with you before you leave.

There may be some mild discomfort for a few hours when urinating. Drinking an 8-ounce glass of water per hour may help reduce discomfort. If you feel you have any signs of an infection (pain, burning with urination, chills or fever) or other concerns, please call the office right away- 414-425-8700