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Patient Information Guide to Urodynamics

Urodynamics refers to a series of diagnostic tests that evaluates the function of your bladder and urethra. These tests may be recommended if you have urinary incontinence (leakage of urine), recurrent bladder infections, a slow or weak urinary stream, incomplete bladder emptying, or frequent urination. Urodynamic testing provides valuable information to aid in the accurate diagnosis of your urinary problems.

This study measures your bladder capacity, evaluates how your bladder holds urine, and determines how well you can control your bladder muscle. It also measures how well the bladder muscles, the sphincter, and the urethra work together.

How to prepare for Urodynamics

- Prior to your appointment you are asked to complete a bladder diary questionnaire for 1-2 days. **Please bring this with you to the appointment.** This information will help determine how to test your bladder functioning. You should fill out the diary even if you do not have urinary leakage.
- Wear comfortable clothing. You may also want to bring extra incontinence pads and socks. **Do not wear lotions or powders the day of the procedure.** You may wear deodorant.
- Unless otherwise instructed by your provider, **you should NOT take your bladder medications for 7 days prior to the study.** You should take all of your other normally scheduled medications. You may eat and drink prior to the study.
- **Please insert one Dulcolax suppository into the rectum at least two hours prior to your appointment.** This can be bought at any drug store over-the-counter.
- If you have a urinary tract infection (UTI), your test will be postponed.

What to expect

You will be asked to urinate at the beginning of the study. This may be done on a commode or standing. **Please arrive for the study with a comfortably full bladder. Do not void for 2 hours prior to your appointment if possible.**

One very small catheter will be placed in your bladder, and another catheter will be placed in your rectum. These catheters will measure both the pressure inside your bladder and the pressure your body exerts on your bladder.

Small electrodes (similar to EKG patches) will be placed in your perineum (area between your legs). Your bladder will be slowly filled with fluid. You will be asked to report the sensations you feel as your bladder is filled (such as when you first feel the need to urinate and when that feeling intensifies).

You will be asked to cough, bear down, or stand during the test so as to check for leakage of urine. At the end of the study, you will be asked to urinate.

The series of tests typically takes about one hour. You will be able to resume all previous activities, including driving, upon completion of the Urodynamics studies.

Post procedure instructions

After the procedure you should drink extra fluids. This keeps the urine more diluted and less uncomfortable. Watch for signs and symptoms of infection such as burning with urination and increased frequency. Please call the office if you feel you may be infected.

If you are scheduled for a cystoscopy (looking inside the bladder), the results of this testing will be discussed with you at that time. You can resume any bladder medications you were previously taking if instructed to do so by your provider.

How to contact us

Monday through Friday between 8:00am and 4:30pm at 319.338.1197.

After office hours and on weekends call Mercy Hospital 319.339.0300. Ask for the urologist on-call.

