



### **Urodynamics – Pre –Testing Instructions**

Please arrive 15 minutes prior to your scheduled appointment time to fill out any necessary paperwork.

We ask that you arrive with a comfortably full bladder, as the first part of the study involves a simple voiding procedure.

You may eat and drink prior to the study; it is not required that you fast.

If you are prone to urinary tract infections and you feel that you may have a current infection, contact our office to reschedule. A urodynamic study will not be performed on patients who test positive for a bladder infection.

If you need to reschedule your urodynamics study please contact our office as early as possible. Testing is only performed twice a month in our office so it will allow other patients to schedule.

### **Urodynamics – What to Expect**

Urodynamics is a test of the bladder. It tests the function of the bladder.

The test will be performed by a technician that specializes in urodynamic testing. The technician will have the patient undress from the waist down and sit on the table. Once the patient is on the table, they will not have to move until the test is over.

The technician will catheterize the patient and fill the patient's bladder with a saline solution. Once the bladder is filled with the saline solution, the test will begin. This will test:

1. How much the bladder will hold.
2. What is the leaking point.
3. How long the patient can hold it.
4. Voiding pressure.
5. Overall bladder function.
6. How full is the bladder when and if the leaking begins.

Some patients may experience a stinging sensation while urinating after this test. This is not abnormal.



### **Urodynamics – After Your Study**

Drink plenty of water to flush out your bladder. Avoid fluids containing alcohol, caffeine or carbonation for 24 hours after your urodynamics study as these may irritate the bladder lining.

It is not uncommon to experience bladder discomfort (such as stinging, burning or aching for the first 12 to 24 hours after your urodynamic test. Soaking in a warm tub or sitz bath can alleviate this discomfort.

Some patients may develop urinary tract infections after their urodynamic study. Symptoms may include: fever or chills, painful urination, frequent or urgent urination, blood in urine, low back pain, and /or difficulty emptying the bladder. Please call our office if you experience any of these symptoms.