



Urodynamic Testing Patient Instructions

Your urogynecologist has asked you to schedule a test called urodynamics. Urodynamic testing involves the evaluation of the bladder, urethra, and voiding function. For this purpose, a small catheter (tube) will be placed into the bladder and connected to a urodynamics computer. Another catheter (tube) will be placed into the vagina or rectum, and also connected to the urodynamics computer. In addition, some small adhesive electrodes will be placed along your buttocks and connected to the urodynamics computer. All these sensors will allow the computer to measure pressures in your bladder, urethra (the tube the urine comes out of) and abdominal cavity, as well as determine the activity of your pelvic muscles.

On the day of your test, please come in with a full bladder. You will be asked to void (empty your bladder) before initiating the test, and will be catheterized at the beginning of the test to determine whether you are retaining an abnormal amount of urine. Your bladder will be filled with sterile liquid. You will be asked to cough and bear down during the test. At the end of the test, you will be asked to urinate into an electronic toilet typically with the catheters (tubes) in place.

Why is there a need for Urodynamics?

Urodynamic testing allows your urogynecologist to obtain a better understanding of your bladder and urethral function. This is of crucial importance in developing a treatment plan for your urinary incontinence, urinary urgency, urinary frequency, bladder pain, or vaginal prolapse. Without urodynamic testing, your urogynecologist will not be able to develop an appropriate treatment plan.

Since the catheters are very small and you are fully in control during the testing, there is no need for any anesthesia, sedation, or other preparation for urodynamics. The test will take approximately 30-45 minutes. After the test, you may experience burning with urination that may last a couple of days. Some people experience a sensation of urgency or having to go to the bathroom all the time. We encourage you to drink lots of water and to urinate often after the test. If symptoms of burning and / or urgency do not resolve within a few days after having the test, please call our office as this may be suggestive a urinary tract infection. The risk of having a urinary tract infection after this test is about 19%.

Following completion of the test, your urogynecologist will have you schedule a separate appointment to discuss the results and appropriate treatment options.