Urodynamic Testing
(General Information)

CONSULTATION INFORMATION

THE UROLOGY TEAM, P.A.

www.urologyteam.com
Appointment & Day of Procedure for Urodynamic Testing

**IMPORTANT:** Please call at least 24 hours in advance to cancel an appointment to prevent a cancellation fee.

Appointment Date and Time: ___________________________
Location of Appointment: ___________________________

**Follow-up:**

F/U Appointment/Date/Time______________________________
F/U Appointment with MD: _______________________________
F/U Appointment Location:_______________________________

**Arrival:**

- Please arrive 15 minutes prior to your appointment. Allow one to two hours for the procedure depending on your diagnosis. Late arrivals will be rescheduled.
- Please check in with the receptionist. Be prepared to show identification and insurance verification. Other forms may be necessary to sign.
- Please do not leave the reception area to go and empty your bladder unless given permission. Urination is a specific test performed for this procedure.
- The receptionist will inform the nurse performing your procedure when you have arrived and the nurse will come to get you in the waiting room.
- Come to your appointment with a full bladder. Be prepared to urinate.
- Bring in a pair of socks.
- Bring your completed diary and questionnaire.
- Do not wear lotion on your skin from the waist down.
- Please shave or tidy up the pelvic area for catheterization, and the placement of adhesives in this area.

Please call to postpone the study if:

1. You have a urinary tract infection.
2. You are experiencing diarrhea.
3. You are having your menstrual cycle.
4. You have had a cardiac/heart exploration within the last six weeks.

**STOP**

**InterStim patients – please bring your programmer.**
Why you need a Urodynamic Study:

A Urodynamic study may be recommended if you have problems with storing urine or voiding urine and your doctor needs to evaluate these problems further. **Urodynamic testing provides the data necessary to establish the accurate diagnosis needed to determine the appropriate kind of treatment.**

**Urodynamics testing is simple, virtually painless and can be performed easily in an office setting.** Urodynamic testing determines how well the bladder is functioning and measures the ability to retain and expel urine.

**Tests That May Be Done**

**Uroflowmetry**
This test measures the amount and speed of urine you void from your bladder. You urinate into a funnel attached to a computer that records your urine flow over time. The amount of urine left in your bladder after you void may also be measured immediately after this test.

**Cystometry**
This test evaluates how much the bladder can hold, how strong the bladder muscle is, and how well the signals work that tell you when your bladder is full. Through a catheter, your bladder is filled with sterile water. You’re asked to report any sensations you feel and whether they’re similar to symptoms you’ve felt at home. You may be asked to cough, stand and walk, or bear down during the test.

**Electromyogram**
This test helps evaluate the muscle contractions that control urination. Electrode patches or wires are placed near the rectum to make the recording. You may be asked to try to tighten or relax your sphincter muscles during this test.

**Pressure flow study**
This test measures the pressure and flow of urine out of your bladder. It is often performed after a cystometry. You’re asked to urinate while a probe in the urethra measures pressures.
**Medications**

Stop taking anti-cholinergic medications 3 days before the procedure:

AMITRIPTYLINE, DETROL, DITROPA, SANCTURA, OXYTROL, ELMIRON, FLOMAX, UROXATRAL, URECHOLINE, ENABLEX, VESICARE, TOVIAZ, RAPAFLO, MYRBETRIQ

DO NOT STOP YOUR ANTIBIOTICS
DO NOT STOP YOUR ROUTINE MEDICATIONS

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If you are a Urinary Incontinence patient without Fecal Incontinence, please follow these directions:

**Meals-Urinary Incontinence**

- **Appointment time between 7am and 10am** → Light dinner and light breakfast

- **Appointment time between 11am and 1pm** → Light breakfast

- **Appointment time after lunch** → Light breakfast and light lunch
The Day Before Your Procedure

Please purchase 2-10 oz. bottles of Magnesium citrate (green) sold at many pharmacies.

At 1:00 PM, drink one 10 ounce bottle of magnesium citrate followed by three 8 ounce glasses of any clear liquid. Stay close to the toilet facilities.

At 6:00 PM, drink one 10 ounce bottle of magnesium citrate followed by three 8 ounce glasses of any clear liquid. Stay close to the toilet facilities.

It is important to drink all of the liquid with each dose of laxative in order to have an adequate bowel preparation.

Do Not Eat Anything After Midnight

If you normally take heart of blood pressure medication in the morning, then you may take it with just a sip of water the day of the procedure. Hold all other medications until after the procedure. Please let us know if you are taking blood thinner, Plavix, or if you have a defibrillator. If you have questions, please ask us or feel free to call 512-231-1444.
The Urodynamic Procedure Process

Patients are asked to arrive at the office with a full bladder to expedite the testing procedures. In all cases, a urinalysis will be done to check for any evidence of bacterial infection.

- You will be asked to dress in a patient gown.
- The nurse will review your forms before the procedure starts.
- At the beginning of the test, you may be asked to urinate in a receptacle. The time and effort needed to start the flow, the continuity of the urine stream and the presence of dribbling after finishing will be noted.

Then, you will be asked to lie on your back on an examining table. The opening of the urethra will be thoroughly cleansed. A well-lubricated, thin, flexible tube (catheter) will be gently inserted into the urethra and slowly advanced to the bladder.

This may be the only discomfort you may experience during the procedure. A well lubricated, thin, flexible tube (catheter) will also be gently inserted into the rectum and two patches will be placed nearby. Any urine remaining in your bladder (residual volume) will be measured.

The procedure will start with a measured volume of sterile water being instilled through the catheter into your bladder. The nurse will ask you a series of questions, explain the process as it is proceeding and answer any questions you may have throughout the procedure. On average, the procedure will take approximately 2 hours. When the study is finished, you’ll get dressed. After you leave, the UD nurse will compile your data and send it to the physician for interpretation.

How do I get the test results?

The results of the Urodynamics testing will be forwarded to your physician. A follow-up appointment will be scheduled to discuss the results and further treatment plan.
After the Procedure

You may have mild discomfort for a few hours after these tests. A little irritation when you empty your bladder in the next 24 hours is normal.

Drink 8 to 10 glasses of fluid over the next 2 days. Water is best. This will help to prevent a urinary tract infection and soothe any irritation.

You may have a little irritation when you empty your bladder over the next 24 hours. This is normal. If the pain last longer than 24 hours, call your doctor. You may want to take a warm bath today with circulating water. This helps with irritation.

If you get a fever of 100 degrees or more, please contact your doctor.

You may pass a few drops of blood when you empty your bladder. If you pass clots or the blood increases, please call your doctor.

Call 512.231.1444 extension 492 (Triage)

- Make an appointment to see your doctor.
- If you have questions regarding Urodynamics.
- If you have an emergency during or after hours or need to talk to a physician. After hours the on-call physician will speak with you.