



Urology Consultants, Ltd.

Center for Continence Care and Pelvic Medicine

URODYNAMICS

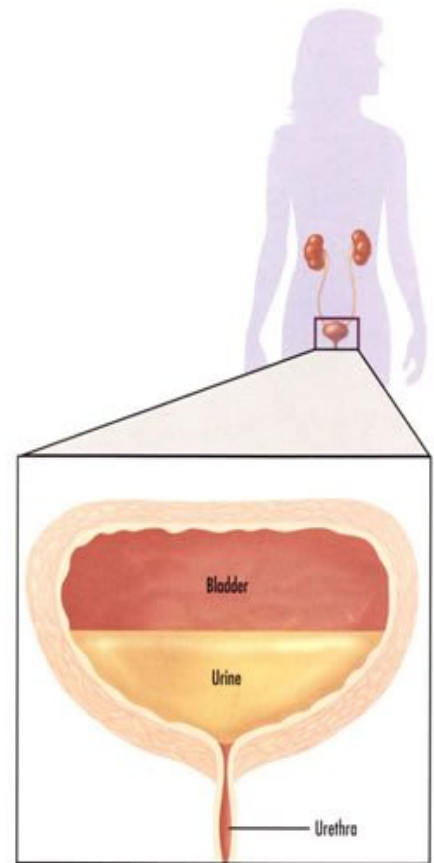
What is a Urodynamic study?

A Urodynamic study is an office based test that gives your doctor a detailed look at the function of your bladder and urethra much like an EKG gives information about your heart. These tests help your doctor evaluate problems you may have with the storage or eliminating of urine from your body. Urodynamics is helpful in the diagnosis of your urinary condition and in the tailoring of treatment options.

Why do I need a Urodynamic study?

Urodynamics is important in the evaluation of many urinary problems including:

- Incontinence (leakage of urine)
- Retention of urine or incomplete bladder emptying
- Symptoms such as the frequent need to urinate or a constant, urgent need to urinate.
- A weak or intermittent urinary stream
- Neurologic conditions affecting the bladder
- Urinary conditions associated with prolapse of the pelvic organs (example: Cystocele)



How do I prepare for the study?

You will likely be asked to keep a diary of your urinary habits for a few days before the study. You should bring these diaries with you the day of the test as they are a helpful part of your evaluation. If you take medications for bladder control you may be asked to stop them for a few days before the test. You may be prescribed antibiotics to take a few days before and a few days after the test. Please arrive for your test with a somewhat full bladder.

What should I expect during the test?

Urodynamics will be performed in the doctor's office. You should expect the study to take about an hour. The test is generally painless, so you won't need sedating medicine and you can drive to self to and from the office. A small catheter or special sensor will be placed in your urethra and rectum to monitor pressures in the bladder. These sensors will then be connected to a computer to record your bladder's behavior. You will be asked to cough and strain and also to urinate during the study. Try to relax to help make the study as realistic and reliable as possible.

How do I get my test results?

After the test is interpreted you will be either called with the results or a follow-up appointment will be made with your doctor. Your doctor will discuss the results with you and may recommend further treatment for your urinary condition.