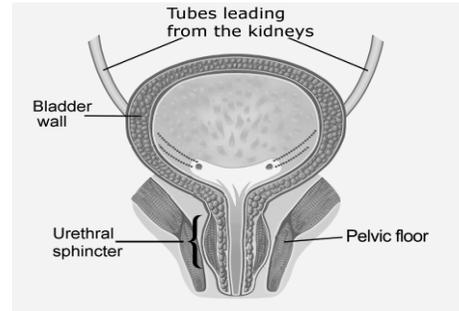


It is very important that you are in our office at the time of your scheduled procedure. If you are more than ten minutes late your appointment may have to be rescheduled.

## URODYNAMIC TESTING

*“Uro” means urine or related to the urinary system.*

*“Dynamics” means moving against pressure.*



### Anatomy and Physiology

The lower urinary system consists of the ureters, bladder, urethra and sphincter muscle. The bladder is a balloon-like organ with a muscular wall that expands and contracts (squeezes). Urine travels from the kidneys to the bladder through tubes called ureters. Urine is stored in the bladder until you decide to empty it. Emptying occurs by a contraction of the bladder muscle. This means that the bladder muscle “squeezes” to empty the urine.

The sphincter muscle sits below the bladder and surrounds the urethra. The bladder neck is a tube that connects your bladder to the urethra. The urethra opens to the outside of your body, where urine comes out. If you are not ready to empty your bladder, the sphincter muscle tightens up, like a knot at the bottom of a water-filled balloon. When you decide that it is time to empty your bladder, the sphincter muscle relaxes and urination starts.

### Description of testing

**Urodynamics is a term for a series of tests that measures different components of bladder and urethra function and diagnoses the cause for your voiding problems. Testing is performed in our office and takes approximately 30 minutes. The test components are:**

<b>Cystometry</b>	<b>Measures pressure and volume of fluid in the bladder during filling, storage, and voiding</b>
<b>Electromyography (EMG)</b>	<b>Measures electrical activity in the external urinary sphincter muscle during contraction and relaxation</b>
<b>Uroflometry</b>	<b>Measures and records the amount and rate (speed) of urine during voiding</b>
<b>Voiding Pressure Profile</b>	<b>Measures simultaneous pressure changes in the urethra and bladder during voiding</b>
<b>Urethral Pressure Profile</b>	<b>Measures urethral pressure to determine the urethra’s effectiveness as a closure valve</b>

### Preparation

On the day of the test, make sure your bladder is comfortably full. Water is the beverage of choice; alcoholic, carbonated and caffeinated beverages are discouraged. Please eat before testing.

Please bring a list of all medications you are taking and any allergies you may have.

It is not necessary to alter your medication regime. **If taking any bladder medications, please discontinue use 48 hours prior to procedure.** If you normally take an anti-anxiety medication, please do so on the day of the test.

If you wear a pessary, please leave it in place for urodynamic testing.

If you have your menstrual cycle, please call the office to reschedule your testing.

## **Testing**

The nurse administering the test will provide you with explanations at every step.

You will be asked to empty your bladder into a special commode that records how much you void and how strong your stream is.

A very small catheter (about the size of a piece of cooked spaghetti) will be inserted into your bladder. In rare cases, catheter insertion can cause mild irritation, flushing, sweating, or nausea. It may burn slightly or feel uncomfortable when it is in place, or it may not bother you at all. The catheter will be used to fill your bladder with sterile water and to measure the change in bladder pressures as it fills and empties.

Another very small catheter of the same size will be inserted into your vagina or rectum to measure pressure in your abdomen when you strain or cough. You should not feel this at all. Two tiny electrodes (similar to those used in an EKG test) will be placed on each side of your anal opening on your buttocks. These will monitor muscle function when you void.

If you have prolapse (bulging in your vagina) it will be held in place with a pessary or similar device during testing. While this may be a strange feeling, it is important to perform urodynamic testing with the bladder and vagina in a normal position.

As your bladder is filled with fluid through the catheter, you will be asked to describe how your bladder feels. You may be asked to bear down or cough several times. When your bladder is full, you will empty it.

The entire test will be recorded and analyzed on a computer. You will be able to watch the screen as your tests are occurring. All the catheters will be removed when testing has been completed.

## **Aftercare**

Drinking an adequate amount of fluid is important within 24 hours after the test. This will also help to prevent urinary tract infections. Caffeinated, carbonated, and alcoholic beverages are discouraged because they may irritate the bladder lining. You may experience slight discomfort where the urinary catheter was placed. A warm tub bath (without additives) will help to ease discomfort. It may burn slightly when you urinate. These symptoms should resolve within 24 to 48 hours. Signs of infection such as fever, chills, low back pain, persistent blood in the urine, burning, frequency, or urgency with urination should be reported to the office.

You may continue your regular diet, medications, and activities, unless otherwise instructed.

## **Results**

After the test, we will give you an appointment to come in and discuss results with Dr. Pezzella.