

MALE FERTILITY AND SEXUAL MEDICINE SPECIALISTS

URODYNAMICS TEST INSTRUCTIONS

PURPOSE:

This is a test of your lower urinary tract. It will provide your physician important information with regards to your bladder function, and your ability to hold and expel urine. The reason your physician has ordered this test may include; urinary incontinence, difficult and painful urination, structural abnormalities, and frequent urinary tract infections. The test is approximately one hour. It is not painful, and is a very reliable tool in the diagnoses of your particular problem. The clinic technician does the test, so you will not be seeing your physician on the day of your procedure.

PROCEDURE PREPARATION:

The test itself does not require any special preparation; however do not wear any powders or lotions on or around your thigh area as it can interfere with the placement of the testing equipment. If for some reason on the day of your exam you develop any signs of a urinary tract infection, please inform the technician. Upon arrival, a small amount of urine will be obtained and examined to determine if an infection exists. If there is infection, your appointment will have to be rescheduled. Please stop taking medications that your doctor has prescribed for your current bladder condition other than antibiotics, at least one week prior to your appointment, as it can skew the results. If you have a mitral valve heart condition, notify the physician's office prior to your appointment so the appropriate measures can be taken. Please don't forget to eat, and take your normal prescribed medications on the day of the procedure.

TESTING:

Prior to the exam, the technician will sit down to discuss your problem, and answer questions. This will help with the outcome of the exam by imitating your particular urinary symptoms during the procedure. You will be asked to undress from the waist down and sit on the exam table. The technician will then place two small pressure-sensing catheters, one into the bladder and one into the rectum. The bladder catheter is used to fill and sense your bladder's pressure; the rectal catheter is used to sense your intra-abdominal pressures only. There also will be three small electrode pads placed on your bottom to sense your pelvic floor muscle activity. After the testing equipment is placed, the actual test will take place. First your bladder will be filled slowly with sterile water, during this part of the procedure you will be asked several questions with regards to what your feeling in your bladder. After you feel full, the test will end and you will be asked to empty your bladder. Once testing is completed the catheters are removed and you'll be sent home. Remember to increase your fluids over the next two days after the test to reduce the chance of infection. Try to avoid caffeine or alcohol, as these beverages tend to dehydrate the body. You can resume your normal activities as tolerated. It's not unusual to have urinary frequency post procedure, also some burning and discomfort upon urination. Please call the office if they continue over two days time.