

Preparing for your Urodynamic Studies

Urodynamic studies aid in evaluating bladder and urethral function. It is a series of tests that evaluate how the bladder and urethra are performing their job of storing and releasing urine. The test is used to help clarify the type and severity of incontinence. Incontinence is the involuntary loss of urine which causes a social or hygienic problem. It is important to realize when having a study completed, we will be trying to reproduce your symptoms; this is what helps the Physicians determine the causes of your urinary problems. This procedure is completed in the comfort of our office for your convenience.

The patients who would benefit from this procedure are patients with problems voiding (urination) and/or urinary incontinence (involuntary loss of urine). This test is short and will last approximately 1 hour, very minimally invasive and typically yields very useful information.

PREPARATION

We ask that you come to your appointment 15 minutes prior to your scheduled time. Please drink at least 32 ounces of fluid (water is best) before you arrive for your appointment. PLEASE MAKE SURE YOUR BLADDER IS FULL. This is an important part of your procedure.

URODYNAMIC STUDY CONSISTS OF:

- *Uroflow: Measures the rate of the urine flow while voiding
- *CMG (Cystometrogram): Evaluates bladder functions by measuring pressure and volume of fluid in the bladder during the filling, storage, and voiding stage. This is done by placing a very small catheter (about the size of a strand of spaghetti) inside of your bladder and your vagina. The catheter is taped securely for duration of the Study and does not cause discomfort during the procedure.
- *UCP (Urethral Closure Pressure): Tests urethral function
- *CMG Flow: Measures bladder pressures and rate of flow as you empty your bladder. This helps identify any possible bladder outlet obstruction
- *EMG (Electromyography): Confirms appropriate coordination between bladder and pelvic floor muscles (measured by 3 sticky pads: one placed on hip and the other two are placed near your rectum)
- *If you are taking Ditropan, Detrol, Vesicare or any anticholinergic for bladder spasms, please stop taking the medication a few days before the procedure for a more accurate test result

Please do not hesitate to contact our office for any additional questions
related to your Urodynamic Study.