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Urodynamics Testing

Post-Test Instructions for Patients

WHEN YOU GET HOME

- You may return to normal activity immediately, including work and driving.
- **Drink extra water** — a glass every hour or two for the rest of the day. This flushes the bladder and shortens the burning.
- A warm bath can ease discomfort.

MEDICATIONS

- Restart any bladder medication that was held for the test, unless told otherwise.
- Acetaminophen (Tylenol) or ibuprofen as needed.
- **Pyridium** for burning if recommended — it turns urine orange, which is harmless.
- Finish any antibiotic you were prescribed.

WHAT IS NORMAL

- Burning with urination for **1 to 2 days**, usually worst with the first few voids
- Pink or lightly blood-tinged urine for a day or two
- Feeling that you need to urinate more often for a day
- Mild soreness where the catheters were placed

YOUR RESULTS

Your urologist reviews the full tracings after the test rather than at the time, so results are usually discussed at your follow-up appointment. Keep that appointment — the treatment plan depends on what the test showed.

Follow-up appointment: _____

CALL THE OFFICE RIGHT AWAY IF YOU HAVE

Call 909.236.3333

- Fever over 101°F (by mouth) or shaking chills
- **Inability to urinate** — this needs prompt attention
- Burning that worsens after 2 days rather than improving
- Heavy bleeding or clots in the urine
- Cloudy, foul-smelling urine
- Severe lower abdominal pain