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Urodynamics Testing

Pre-Test Instructions for Patients

ABOUT YOUR TEST

Urodynamics measures how your bladder fills, stores, and empties. Rather than guessing at the cause of your symptoms, it records pressures and flow directly, which helps your urologist recommend the right treatment — particularly before surgery for incontinence or an enlarged prostate.

Small soft catheters are placed in the bladder and in the rectum or vagina to measure pressure. The bladder is filled slowly with sterile fluid while you report what you feel, and then you urinate while measurements are recorded. The test takes about 45 minutes to an hour.

BEFORE YOUR TEST

- **Arrive with a comfortably full bladder** if you are able — you may be asked to urinate into a special toilet first so your normal stream can be measured.
- **Do not stop your regular medications** unless your urologist specifically tells you to. Some bladder medications are held for several days before the test — follow the instructions you were given.
- If you were prescribed an antibiotic, take it as directed.
- Eat normally. There is no need to fast.
- If you keep a bladder diary, bring it with you.

WHAT TO EXPECT

You will be asked to undress from the waist down and will be draped for privacy. The area is cleaned, and a thin catheter is passed into the bladder — you may feel brief stinging. A second small catheter goes into the rectum or vagina. Small adhesive pads may be placed near the buttocks to record muscle activity.

As the bladder fills you will be asked to report when you first feel filling, when you first feel a normal urge, and when you feel you must urinate. You may be asked to cough or bear down. Then you will urinate with the catheters in place while the machine records. This is the least dignified part of the test, and the staff do it many times a week — they will keep you as comfortable and covered as possible.

You can drive yourself home and return to normal activity right away.

WHEN TO CALL THE OFFICE

Call 909.236.3333 before your test if you have signs of a urinary tract infection — burning, fever, chills, or cloudy foul-smelling urine. The test is postponed if an infection is present because infection makes the results inaccurate.