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Urodynamics Instructions

You have been scheduled for Urodynamics on _____.

- Urodynamic testing measures how well the bladder, urinary sphincter, and urethra store and release urine. During the study, we can assess the bladder's ability to hold urine and empty steadily and completely. We can also determine if the bladder is overactive causing urgency or urine leakage.
- To perform the procedure, a smaller catheter is placed in the bladder in order to fill the bladder with water and measure bladder function.
- Urodynamics is performed in your health care provider's office and does not require anesthesia.
- The test is not painful beyond the discomfort of having a full bladder.
- You should expect to be at our office for 1-2 hours for the procedure.

Before Urodynamics:

- Prior to testing, a urinalysis and urine culture must be obtained to ensure there is no infection.
- On the day of your procedure, please let the doctor know if you have symptoms of a urinary tract infection such as increased frequency of urination, burning or pain with urination, cloudy or foul smelling urine or blood in the urine.
- If you have a urine infection, we will need to postpone your test.
- You may eat and drink prior your test.
- Please arrive at our office with a full bladder.

After Urodynamics:

- You may resume all normal activities immediately following the test.
- You may feel mild discomfort or burning during urination for a few hours following the test.
- Drinking an 8-ounce glass of water every half-hour for 2 hours may help to reduce the discomfort. Taking a warm bath or holding a warm, damp washcloth over the urethral opening may also help to relieve your discomfort.
- Prior to leaving, an appointment will be made for you to go over the results of the test with your doctor once the data is analyzed.
- An antibiotic may be prescribed for 1 or 2 days to prevent infection, but not always.
- If you develop signs of infection—including pain, chills, or fever, you should call your provider immediately.