Urodynamics

What is urodynamics?
Urodynamics is a series of tests that determines how the bladder, urinary sphincters and urethra are storing and releasing urine. Most of the focus is on the bladder's ability to hold urine and empty steadily and completely. Urodynamic testing can also show whether the bladder is having involuntary contractions that cause urine leakage. It is helpful in evaluating and treating urine leakage, frequent urination, urinary urgency, difficulties starting urinary flow and difficulties emptying the bladder completely. It is also helpful in providing information before any surgical procedure and baseline bladder function in those with progressing neurologic disorders.

Why did my provider order urodynamics? How will it help in my plan of care?
Urodynamics is a combination of several useful tests that provide valuable information about your lower urinary tract. The testing essentially "draws a picture" for your provider of what happens when your bladder fills up, stores and then empties urine. It helps diagnose the nature of a lower urinary tract problem. This information is then used to help your provider choose how to best treat the symptoms you are experiencing.

How do I prepare for urodynamics testing?
1. Please disclose any medications we have prescribed for you when you come in for urodynamics testing. If you take any of the medications below, please stop them as instructed below:

Please stop the following medications 2 days prior: Tamsulosin, Rapaflo, Flomax, Doxazosin, Alfuzosin, Uroxatral, Hytrin, Cialis, Vesicare, Detrol, Sanctura, Enablex, Cardura, Toviaz, Ustell, Tadalafil.

Please stop the following medications 5 days prior: Proscar, Avodart, Jalyn, Oxybutyinin, Finasteride, Avodart, Myrbetriq, Gemtesa.

2. Please come to the urodynamics appointment with a comfortably full bladder.
3. If you have a foley catheter, it does not need to be removed before the test.
4. Disclose any medications, allergies, medical or surgical history to the provider.
5. You do **not** need to fast before the test. You can have a normal diet.
6. You do **not** need to stop any blood thinners or Aspirin.
7. If you have a urinary tract infection, we will need to reschedule your urodynamics.

What to expect during the test?
The length of the test will be determined by how long it takes for you to urinate. Usually the test is no longer than 60 minutes.
A healthcare provider will record the length of time it takes for you to produce a urinary stream, note the volume of urine produced and record the ability or inability to stop the urine flow in midstream. In order to do this, there will be a few steps to complete the testing.
Very small catheters will be temporarily inserted into the urethra and rectum to ensure precise measurements. Your bladder will then be filled with sterile water and you will be

asked to hold your urine as your bladder is being filled. Once you feel the sensation of a full bladder, you will be asked to urinate into a portable commode. This is used to help “draw a picture” of the bladder filling and emptying. It also monitors and records the pressure inside the bladder using sensors that monitor muscle and nerve activity.
Once you have urinated completely, the test is over. Both catheters will be removed.

What to expect after the test?
-You may experience some burning with urination for a couple days.
-You may experience some blood in your urine for a couple days.

What happens next?
1. We will give you 1 dose of an antibiotic post treatment to help prevent infection and 1 dose of a medication to help with any bladder discomfort (it will turn your urine a blue/green color). You only need one dose of each and no prescription is needed.
2. Before you leave the office, we will ensure you have a follow-up appointment to go over the results of the urodynamics study with a provider who, at that time, will discuss your plan of care and possible treatment including medical and surgical options.
3. You may restart any medication we have prescribed for you that you discontinued before the procedure immediately after the procedure.
4. Hydrate well with water.

What are the risks?
-Infection
-Discomfort with urination that will subside within 24 hours to 1 week

Important Contact Information
Midtown Urology
911 W. 38th Street, Suite 200
(512) 451-7935 phone
(512) 451-7965 fax

If you need to reach the doctor after hours for an urgent matter, please call our office at 512-451-7935 and follow the prompts to be connected with the on-call provider.

You may also go to Seton Main Emergency Room on 38th and N. Lamar. Please only go to this hospital as our physicians have privileges there.

Hospital for Emergencies
Seton Main Medical Center
1201 W 38th St, Austin, TX 78705