Urodynamics

What is urodynamics?

Urodynamics is used to assess the lower urinary tract (bladder and urethra). If you are having voiding problems, a urodynamics test is used to simulate your voiding in a laboratory setting.

How is urodynamics performed?

During a urodynamics procedure, a small catheter (thin tube) is passed into the bladder and into the rectum. These catheters are used to measure pressures within the bladder. There is very minimal discomfort during the catheter insertion. The bladder catheter is then filled with fluid. X-rays may be taken to visualize the urinary bladder and urethra.

The testing takes approximately one hour and the catheters will be removed at the end.

How to prepare for your study:

If you were asked to complete a 3-day voiding diary, please bring that with you to the appointment.

If you were asked to take antibiotics prior to the procedure, please continue to take them. If you normally take antibiotics prior to dental procedures for conditions such as mitral valve prolapsed, hip or knee replacements, please adhere to your doctor’s recommendations for this test. If you are unsure, please check with your physician.

If you have symptoms of an active urinary tract infection (foul-smelling urine, burning with urination, fever or chills), please let the nursing staff know.

There are no dietary restrictions for the test.

What to expect after your study:

Drink plenty of fluids for 24 hours after the testing. You may experience some burning with urination for 24 hours after your study. You may have some blood-tinged urine as well. Some patients may receive a short course of antibiotics to prevent a urinary tract infection. If you experience excessive burning with urination with fever or chills, please contact your physician.