

YOUR URODYNAMIC TESTING APPOINTMENT ON:

- MON
- TUES
- WED
- THUR
- FRI
- SAT

_____ at _____ A.M.
P.M.

- Lakewood Office
- Rolling Hills Estates Office
- Long Beach Office

SPECIAL INSTRUCTIONS:

LOCATIONS

🕒 Monday - Friday: 8am - 5pm
☎ 562 634 8812

Lakewood Office

3650 East South Street, #403
Lakewood, CA 90712

Long Beach Office

3711 Long Beach Blvd, #700
Long Beach, CA 90807

Rolling Hills Estates Office

550 Deep Valley Drive, #279
Rolling Hills Estates, CA 90274

All major medical **insurances** accepted and cash discounts available.



Your Guide

BLADDER TESTING FOR URINARY PROBLEMS



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URODYNAMIC TESTING GUIDE

Some information to help inform you of your upcoming procedure...

Your physician has recommended that you have urodynamic testing. This simple, painless study is a series of test that allows for the evaluation of any problems your bladder may have with storing or emptying urine.

WHY YOU NEED AN URODYNAMIC STUDY

Reasons for offering you this test may include the following common problems:

- You may be incontinent (leak urine)
- Your bladder may not empty completely
- You may have uncomfortable symptoms, such as the frequent need to urinate or a constant, urgent need to urinate
- Your urine stream may be intermittent or weak
- You may have persistent urinary tract infections

YOUR LOWER URINARY TRACT

The lower urinary tract has two main functions, storing and emptying urine. The bladder is a muscle-lined organ which collects urine until you are ready to release it. The urethra is a canal which carries urine from the bladder out of the body. Pelvic floor muscle support the bladder and urethral muscle (sphincter) contracts. To empty urine, the urethral sphincter and pelvic floor muscles relax while bladder contracts.

WHAT WILL HAPPEN DURING YOUR URODYNAMIC STUDY

Urodynamic testing provides valuable data on bladder function for your physician to make the best recommendations for treatment. This study does not require sedating medication. When you arrive at the clinic for your test, you will be asked to undress from the waist down and a drape or gown will be provided. The study usually takes 15-30 minutes.

Several different tests are used to evaluate symptoms of the lower urinary tract. Because of your particular symptoms and concerns, tests which you can expect to be performed at your appointment are checked below:

UROFLOWMETRY

This test measures the amount and rate of urine you void from your bladder. This noninvasive study is frequently used to screen for bladder emptying problems.

Process: You will be asked to urinate into a special container placed under a commode or into a funnel attached to equipment that records your urine flow over time.

CYSTOMETRY

This test evaluates how much your bladder can hold, how well the bladder muscles function, and how the neurological signals work that tell you when your bladder is full. This is the primary test used to reproduce and evaluate symptoms of incontinence and other bladder problems.

Process: A catheter will be inserted through the urethra into the bladder. Through this catheter, your bladder will be filled with sterile water or a saline solution. A second catheter may be placed in your vagina or rectum to provide additional data. You will be asked to report any sensations you feel and if they are similar to ones that you have felt at home. You may be asked to cough, bear down ("Valsalva"), or stand during this test.

URETHRAL PRESSURE PROFILE STUDY

This test evaluates the amount of pressure in your urethra. This information can be useful in evaluating the cause of incontinence.

Process: The bladder catheter is withdrawn slowly from the bladder and special equipment generates a urethral pressure curve.

PRESSURE FLOW STUDY

This test is an in-depth measurement of the pressure and flow of urine out of your bladder. This study is valuable for evaluating problems with emptying urine.

Process: Pressure flow studies can be performed after cystometry. You will be asked to urinate with the cystometry catheters in place into a funnel attached to special equipment.

Medications that can effect lower urinary tract function include:

- Diuretics
- Caffeine
- Anticholinergic agents
- Alcohol
- Narcotic analgesics
- Psychotropic agents

Do not take these medications 24-48 hours prior to Urodynamics studies for most accurate results.

Come to the clinic with a full bladder.

Stop drinking fluids 30 minutes prior to scheduled appointment.