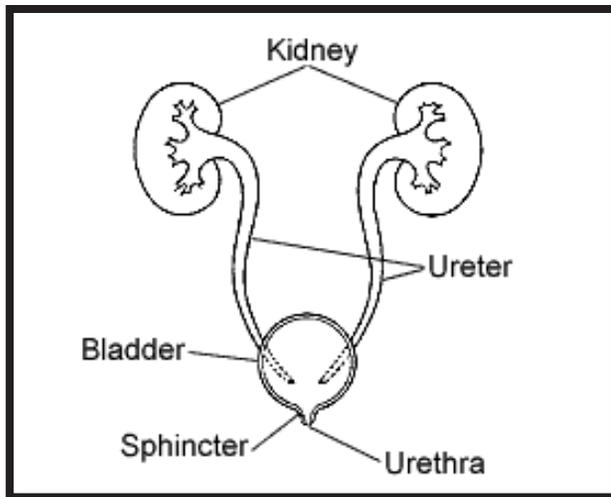


## What is Urodynamics?

“Uro” means urine or related to the urinary system. “Dynamics” means moving against pressure. Your physician has ordered a Urodynamics test for you. This test is designed to see how urine fills up in your bladder and then moves down through the lower urinary system to the outside of your body.

The lower urinary system consists of your ureters, bladder, urethra, and sphincter muscle. Men have another gland called the prostate.



### How Does the Lower Urinary System Work?

Your bladder is an organ surrounded by a muscle. The bladder stores urine received from your kidneys. The urine travels down tubes called ureters into two openings at the bottom of your bladder. The urine is stored within the bladder until you decide to empty it. Emptying occurs by a contraction of the bladder muscle. A contraction is similar to making a fist with your hand and squeezing it.

The sphincter muscle sits right below the bladder. If you are not ready to empty your bladder, then the sphincter muscle tightens up like a knot at the bottom of a water-filled balloon. When you decide that it is time to empty your bladder, the sphincter muscle opens up, like untying the knot.

The process of urination then begins as the bladder pushes the urine out down a tube called the urethra. The urethra opens to the outside of your body.

Urination takes place only when the muscles and nerves are working correctly. As streets allow cars to carry people from one place to another, nerves carry messages from the brain to the bladder and sphincter muscles. The Urodynamics test helps to determine how well these nerves and muscles are working together.

### How Do I Prepare For The Test?

Please complete the bladder diary and bring it to the appointment with you. The Urodynamics test takes about one hour. This time is spent registering, asking questions you may have, and having a small catheter placed into your bladder and rectum for the actual test.

You may eat and drink anything you want before the test, unless given other instructions by your doctor. Stop any medicines for incontinence 3 days prior to the procedure, but stay on your other usual medications. Do not urinate 1-2 hours prior to your appointment. If you are constipated, have diarrhea, or are menstruating the day of the test, please let the office know.

## What Is Going To Happen During The Test?

After you have emptied your bladder in a special chair, we will ask you to undress from the waist down. A nurse will place 2 small tubes called catheters, one into your bladder which will be used to fill your bladder with water. The other will be placed in your rectum. The catheters will measure the movement of the muscle surrounding your bladder. We will also be able to monitor the sphincter muscle and it's ability to hold urine in your bladder. Any discomfort you may feel during the test will go away within minutes.

As your bladder is being filled with water through the catheter, you will tell the nurse what your bladder feels like. When your bladder is full, you will empty it. The entire test will be recorded on the computer, and you can watch it on a screen as it is occurring. We will explain everything to you throughout the test.

### After the Test?

When the test is over, the catheters will be taken out and you will be given an oral antibiotic. You may have a slight discomfort where the catheters were placed. This will last for a few hours. Drink lots of fluid after the study. Water is best.

You may continue your diet, incontinence medications and activities as normal, unless given other instructions by your doctor. Following the study you will need to set up an appointment to review the results of your test.