

# Urodynamic Testing

## What is Urodynamic testing?

A test that tells your doctor how well your bladder stores and empties urine.

This test is done right here in our office.

## Why do I need a Urodynamic test?

Your doctor may want you to have this test if:

- You are going to the bathroom a lot
- You have to rush to the bathroom
- You leak urine
- You have trouble emptying your bladder
- You are considering surgery for your bladder



## Who performs the testing?

The testing is done by a highly trained urodynamicist that may be followed by a pelvic exam and/or cystoscopy along with a review of your test results with your doctor sometimes on the same day.

## What happens during the testing?

The urodynamicist will insert a small catheter into your bladder, and another into the lower portion of your rectum. Special water will be slowly dripped into your bladder to fill it. The urodynamicist will ask you questions about your bladder sensation as your bladder fills. During the filling, you will also be asked to cough and bear down to see how much leakage, or if any leakage, you may have.

After your bladder is full, you will be asked to empty your bladder on a special machine that tells your doctor how well you empty your bladder.

This test is not painful or unpleasant, and gives your doctor a great deal of important information to help in your diagnosis and treatment.

## How do I prepare?

1. You will get a voiding diary from our office. On this form you will write down the time you go to the bathroom and how much you went. This will be done for 3 days and can be done on any 3 days before your test. Please bring the form back to the office on the day of the exam.
2. If you have not had a bowel movement within 3 days of your scheduled test time, please use a Fleets enema at home. This can be purchased over-the-counter and simply follow the directions on the package.
3. You may eat and drink as usual.
4. You may take your regular medications.

## After your test:

You may experience a little burning or see a little blood in your urine. This should last only the first 24 hours after your test. Please drink plenty of fluids after your test. If it lasts longer than 24 hours, call the office at **815-409-4930**.

## For More Information

<https://www.youtube.com/watch?v=F6yFb-fKuwc>