

SOUTH BAY UROLOGY MEDICAL GROUP, INC.

A DIVISION OF USSC

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URODYNAMIC EVALUATION

A urodynamic evaluation is a test that allows your doctor to gain a detailed understanding of the function of your bladder and urethra. It consists of a filling phase (during which the bladder is filled with fluid) and a voiding phase (during which you empty the bladder). There are many reasons to undergo a urodynamic study, including, for example: incontinence, incomplete bladder emptying/urinary retention, urinary frequency/urgency, weak urinary stream, or prostate issues. The results are often essential for directing the management of urologic conditions.

Before the procedure

Allow approximately 2 hours for the entire appointment. You will be able to drive yourself to and from the appointment. Inform your doctor if you have a prosthetic implant that requires special antibiotics prior to invasive procedures. Please report any symptoms of burning, bladder pain, urinary frequency, or other possible signs of infection prior to the procedure.

The procedure

You will be escorted into the examination room after providing a urine specimen to ensure there is no evidence of infection. You will lie on the examination table and the nurse will place tiny catheters into the urethra and vagina (in women) or rectum (in men). There will be some mild discomfort during this process. The catheters have tiny sensors that will allow your doctor to assess the bladder pressure during the two phases of the examination.

The bladder will then slowly be filled with sterile fluid. During filling, you will be asked to indicate when you first feel the sensation of urination, when you have a mild and strong urge to urinate, and when you are at capacity. You may be asked to cough or bear down in order to test for incontinence. When you have reached capacity, you will be asked to void into a container that will evaluate urinary flow rate and quantity of urination. An ultrasound scanner will then be placed on your abdomen to assess for residual urine. The procedure last approximately 15-20 minutes.

After the procedure

Immediately after the urodynamic evaluation, the nurse will provide you with an antibiotic to decrease the chance of infection. Please confirm your medication allergies with the nurse prior to taking the antibiotic. It is common to have some mild hematuria (blood in the urine), burning when urinating, and bladder pressure after the procedure. These symptoms should improve with each urination and resolve completely after a day or two.

Please report the following conditions:

- Heavy bleeding which is worsening with blood clots
- Burning that is worsening or lasting more than a few days after the procedure
- Fever > 101⁰F
- Inability to urinate

As always, please do not hesitate to contact the office if any issues or questions arise