

# Urodynamic testing guide

*This booklet contains general information that is not specific to you. If you have any questions after reading this, ask your own physician or health care worker. They know you and can best answer your questions.*

## Urodynamic testing

You should present yourself to 7th Floor of The Ottawa Hospital Riverside Campus at the appointed time. Please bring your health card to this appointment.

The following information has been prepared to help you understand the tests that you have been scheduled to undergo. This information addresses the most commonly asked questions about urodynamic testing. If you have further questions, please do not hesitate to ask your physician or nurse.

**Please note:** This is an ambulatory care clinic, we are not equipped to aid in lifting or transferring of individuals with mobility issues. If you require assistance with dressing/undressing or to transfer from a wheelchair please contact the clinic as soon as possible.

## Background information

The urinary system consists of the kidneys, ureters, urinary bladder and urethra. The urethra is encircled by the sphincter muscle. The function of the lower urinary tract (the bladder and urethra) is to store and empty urine.

Your blood passes through your kidneys where it is filtered and cleaned. Urine is formed as a result of the body getting rid of the waste products obtained from the kidneys. The urine flows from the kidneys down the ureters to the bladder where it is stored until there is an urge to empty. As the bladder fills with urine, it stretches and stimulates the nerves in the area, which send a message to the brain of your need to urinate. When you are ready to urinate, your pelvic floor muscles relax. Your brain tells your bladder muscle to squeeze and your urinary sphincter to open to allow the urine to pass.

## What is urodynamic testing?

Urodynamic testing evaluates how well your bladder stores and empties urine. The test involves an assessment of the bladder, the urethra and the urinary sphincter.

## Why is urodynamic testing necessary?

The information obtained from this test is important to your doctor in diagnosing and treating many forms of bladder dysfunction. It will also help determine if surgery is necessary, and if so, which procedure would be best for you.

## How do I prepare for the test?

### ***Two to three weeks before:***

Take the requisition provided in this package to a laboratory near you to complete a midstream urine culture (see instruction sheet included).

### ***One week before:***

One week prior to the test you should stop taking any medication that you have been prescribed for your bladder condition (for example Detrol, Oxybutynin, Ditropan, Imipramine, Enablex, Myrbetriq, Toviaz, and Vesicare).

Complete the three day Voiding Diary provided in your package. Please measure the urine using a measuring cup from a dollar store or pharmacy.

### ***On the day of the test:***

Your bladder must be full when the test begins. To do this, you must drink fluids (avoid coffee and tea) before coming to the clinic. The amount of fluid required to fill the bladder differs from person to person, usually 2 or 3 8 oz. glasses is sufficient.

***If you are known to have a heart valve defect, artificial valve, or artificial joints, and have been told to take antibiotics prior to dental procedures, you should take the same antibiotics prior to this test. Contact your Family Doctor's office to obtain a prescription if needed.***

### ***One hour before the test:***

Stop drinking fluids and do not empty your bladder.

## How is urodynamic testing carried out?

The test is carried out in several steps and may include any or all of the following:

1. You will be asked to sit on a special commode/toilet (in a private cubicle) that will measure the flow and volume of urine.
2. Then, while lying on an exam table, a catheter will be passed into the bladder to empty remaining urine. This will be removed and a second catheter placed to fill your bladder with sterile water during which bladder pressures will be monitored. Another catheter will be placed in the rectum to tell us what is happening to the pressure around the bladder. These small catheters, which are connected to a computer, measure the capacity of the bladder and the pressure changes within and around the bladder.
3. Your bladder will be gently filled with sterile water through the catheter and you will be asked to indicate when you have the urge to urinate.

4. As your bladder is filling, you will be asked to cough.
5. The pressure in the urethra will also be measured.
6. Using a small cystoscope, the anatomy of the bladder will be examined by your doctor.
7. An exam of the vagina will be done by your doctor.

## Who performs the test?

A Urogynecologist and a specially trained nurse perform the test.

## How long will the test take?

Urodynamic testing usually takes from forty-five minutes to one hour to complete.

## What are the possible complications of urodynamic testing?

Most women do not experience any problems after having this test. However, it is possible that you may experience some pain, burning, or even pass a small amount of blood when urinating for the first twenty-four to forty-eight hours following the test. It is advisable to drink plenty of fluid for forty-eight hours to keep the bladder well flushed. Unsweetened cranberry juice is a good choice as it helps keep bacteria from growing inside the bladder.

Urinary tract infections (bladder infections) occur in about 2% of patients, but it is not necessary to take antibiotics before or after the test unless you have been specifically told to do so by your physician. You will be given a requisition to do a urine sample 3-4 days following the testing.

## When do I call the clinic?

### Contact the clinic:

- if you experience urethral pain or low abdominal pain that lasts longer than twenty-four hours;
- if you experience bleeding from the urethra that is more than a drop or two;
- if you develop a temperature greater than 38°C (100°F).

## When will I know the results of the test?

You will be informed of your results at the end of the testing at which time your doctor will discuss a care plan with you.

## **Important**

If you will be unable to attend your appointment for urodynamic testing please call the secretary at 738-8400, ext. 81725 as soon as possible. In this way the appointment can be offered to the next person on the waiting list. Your assistance in this regard is greatly appreciated.

If you are known to have a heart valve defect, artificial valve, or artificial joints, and have been told to take antibiotics prior to dental procedures, you should take the same antibiotics prior to this test. Contact your Family Doctor's office.

If you know or suspect that you have a urinary tract infection on or before the day of the test (burning or pain when voiding, foul smelling urine) please call the clinic to reschedule your test and to have a urine culture done at your Family Doctor's office.

If you are menstruating at the time of the test it can still be performed, but if you prefer you can reschedule to a date when you are not menstruating.

As this is a teaching hospital, there may occasionally be a medical student to observe the test being performed. You will be informed by the nurse when you arrive for your testing if there will be a student present that day.

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