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# URODYNAMICS

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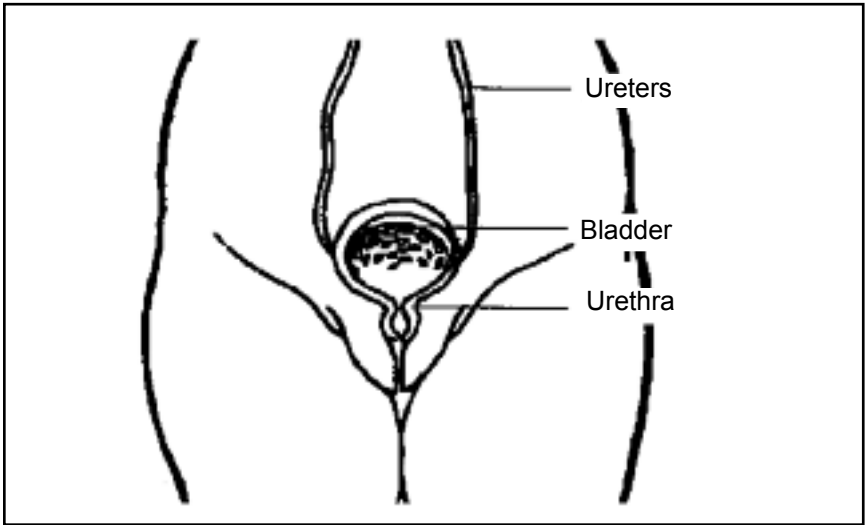
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Your urodynamic study is scheduled at the Ambulatory Procedure Center. This is located at 4-South waiting room at the Altru Main Clinic.

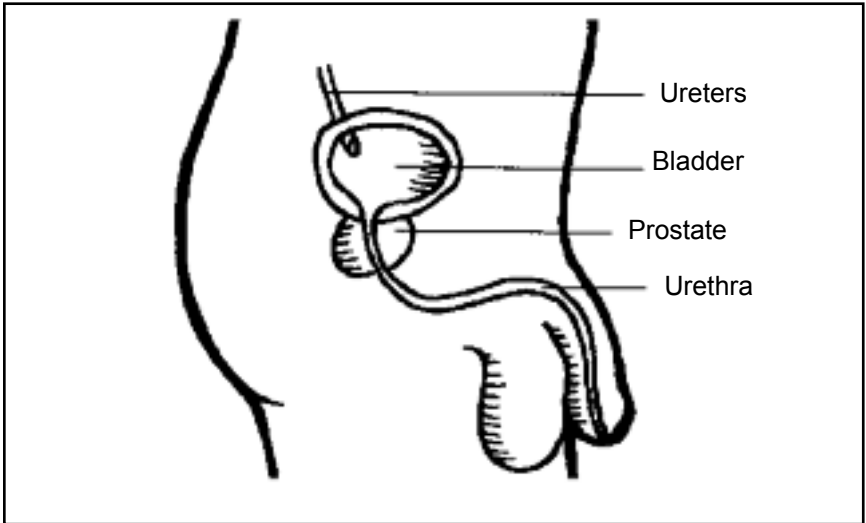
Arrival Time: \_\_\_\_\_

Appointment Date: \_\_\_\_\_

## Normal Female Urinary Anatomy



## Normal Male Urinary Anatomy



## **Medication to STOP one week before Urodynamics unless otherwise instructed.**

- Ditropan
- Detrol
- Enablex
- Vesicare
- Sanctura
- Tricyclic antidepressants (Imipramine, Doxepin, Desipramine, Nortriptyline)
- Sudafed
- Any Antihistamine (Claritin, Zyrtec, Allegra, Benadryl)
- Oxybutynin
- Duvoid
- Urecholine

## **What is a urodynamic study?**

A urodynamic study is a series of tests that look at the function of the bladder and urethra. These tests can help your physician determine the cause of any problems you may be having with storing or voiding (eliminating) urine from your body.

## **What problems are evaluated by urodynamics?**

Urodynamic studies are commonly performed in evaluating:

- persistent urinary incontinence (urine leakage)
- incomplete emptying of the bladder
- frequent or urgent need to urinate
- weak or intermittent stream
- persistent urinary tract infections

## **Preparation for Cystometrogram**

The nurse will review the procedure with you and answer any questions you may have. You will be asked to undress and change into a patient gown. You will be positioned in a special chair.

Women will be positioned with your legs supported in stirrups. Men will lay reclined in the chair. Your genital area will be cleaned with an antiseptic and you will be draped with sterile drapes or towels.

## **Having a Cystometrogram**

A **cystometrogram** is a test that evaluates how much volume the bladder can hold, how strong the bladder muscle contractions are, and how well the bladder signals work to tell you when your bladder is full. Two catheters with pressure sensors are needed to record the bladder pressure and the abdominal pressure. One catheter is placed into the bladder. Simultaneously intra-abdominal (rectal) pressure is obtained by a catheter that is placed into the rectum. Information regarding bladder sensation, capacity, compliance, tone, and ability for the bladder to contract may be obtained during the study.

During the study sterile fluid is instilled slowly into the bladder. You will be asked to let the nurse/doctor know how you are feeling during the study. Some of the feelings we are looking for include:

- when do you “first feel the fluid being instilled into the bladder”
- when would you “normally get up to go to the bathroom to void”
- this is “as full as my bladder can get”

As mentioned previously, this study is commonly performed for patients with urinary incontinence. During this study we do not want you to “hold back” on any urge to void or leak. You may be asked to cough during the study. We are actually trying to reproduce any leakage and would like to be able to record how your bladder contracts when you void “naturally”. There will be preparations in place should you void/leak, so you do not have to worry or be embarrassed. We are here to help get you some answers. The procedure usually takes approximately 20 minutes, but plan on being here for 1 to 1 1/2 hours.

## **How you will feel during cystometrogram?**

When the fluid is instilled into the bladder, you may have the sensation of feeling full and wanting to void. There should not be any pain during the procedure.

## **What to expect after a urodynamic study?**

There are very few symptoms after a urodynamic study. You may have some burning sensations from the catheter when you pass your urine the first few times after the study.

Your urologist will review the findings of the study with you after the procedure.

## **Discharge information**

You are encouraged to increase your fluids to 8-10 glasses to help relieve any burning sensation you may feel from the catheter. Otherwise there are no special instructions. You are not sedated and therefore can continue all of your normal activities and diet. Call your urologist if you have any of the following problems:

- Sudden chills or shaking
- Fever (temperature over 38 degrees C or 100.4 degrees F)  
Voiding very frequently, unable to void, or unable to empty your bladder when you void.
- Cloudy or foul-smelling urine
- Severe pain in abdomen or groin area.
- Bright red blood in the urine
- Burning sensation when voiding that lasts longer than 48 hours.

If it is during clinic hours please call the clinic at 701-780-6000 and ask to speak with the urology nurses. If it is after clinic hours, you can reach a urologist "on call" by dialing 701-780-5000.

## **SPECIAL INSTRUCTIONS**

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- ◆ You may eat breakfast and/or dinner before the procedure.
- ◆ You may take all prescribed medications before the procedure, unless instructed by your doctor.
- ◆ Please let your doctor know if you are taking a medication for urinary incontinence.
- ◆ Please let your doctor know if you are having a urinary tract infection (UTI).

Please inform us before your procedure if:

- ◆ You have a latex allergy
- ◆ If you have mitral valve prolapse, any heart valve problems, artificial valves or grafts
- ◆ Previous endocarditis
- ◆ Routinely take antibiotics before dental work or surgery.

You are encouraged to discuss any questions or concerns with your doctor.

Dr. Eric Leichter: 701-780-6123

Altru Clinic: 701-780-6000

Ambulatory Procedure Center: 701-780-6394

