

# **URODYNAMIC TESTING**

Tripler Army Medical Center  
Department of OB/GYN  
Urogynecology Division

## **WHY HAS THE DOCTOR SUGGESTED THIS TEST?**

This test studies your bladder functions. This evaluation helps us identify the conditions under which you leak. This test will help the doctor with the treatment of your condition.

You may be having this test because of bladder control problems. These problems could be difficulty holding your urine, difficulty emptying your bladder, or both. You will discuss the results of your urodynamics testing with your doctor. This test is also performed prior to surgical correction of vaginal hernias (called prolapse), even if your bladder control may seem fine. During the test your prolapse will be replaced in its anatomical position (where it once was). Frequently, replacing your prolapse may uncover a hidden bladder problem. This test may uncover this combination of problems and allow us to treat both with the surgery.

## **WHAT WILL THE TEST BE LIKE?**

You will first be asked to empty your bladder naturally while sitting on a commode, so do not void immediately before testing. Ideally you should come to the clinic with a comfortably full bladder.

You will then be seated in a special chair, one small adhesive patch will be placed on your thigh and two will be placed around your rectum. These patches will measure your pelvic floor muscle activity. A small catheter will be placed into your bladder. This catheter will remain in your bladder throughout the testing. The catheter has two sensors that will enable us to measure certain pressures in your urethra and in your bladder. This will tell us what makes you leak. Another small catheter will be placed either into your vagina or your rectum depending on whether you have prolapse (hernia). This is called the abdominal catheter. This catheter will give us readings of your abdominal pressure, as we fill your bladder.

You will be placed in a reclining position while your catheters are inserted. You will then be placed back into a sitting position before the start of testing. As we fill your bladder we will ask you to tell us when you have the first urge to urinate. We will then continue to fill your bladder until you are unable to hold any more or until you leak. During the filling of the bladder we will stop filling and take some measurements by moving the catheter slightly in and out of the bladder. We will also ask you to cough or bear down intermittently during the test to determine at what pressures you leak. Then

you will be asked to urinate in the chair while we leave the room. This tells us how well you empty your bladder.

We may have to repeat a portion of the test while you are standing if we are unable to make a complete diagnosis in the sitting position. For example, many people leak urine only while standing. We may also repeat a portion where you are in a seated position.

We may also repeat the entire test a second time to improve the accuracy of the results.

## **HOW LONG WILL THE TEST BE?**

Allow one hour for the test. Once you are set up for the test, with all catheters in place the actual testing usually takes about 20-30 minutes. There is no preparation needed for this testing.

Following any surgery, urodynamics may also be repeated in a brief form at 12 weeks post op.

We are able to perform this test even if you are having your menstrual cycle.

This test should not be painful but may involve slight discomfort with placement of catheters or possibly with a full bladder. You will be asked to hold the water in your bladder for approximately 7-10 minutes. You may experience discomfort or burning with urination for the first few voids following the procedure.

**Risks:** There are minimal risks associated with urodynamic testing to include urinary tract infection (4%). We will test your urine before starting the procedure to ensure that you do not have a urinary tract infection. There is a small risk of pain, bleeding or injury to the bladder or urethra (<1%).

### **After the Procedure:**

You may resume all of your regular activities. Any voiding discomfort (sensation of burning) may be reduced by a liberal intake of fluids. Call your nurse @ 433-2921, if you have bright red blood in your urine; trouble urinating, a temperature of 101 F (39.3 C), or persistence of pain urinating for more than 24 hours.

If you have any questions regarding this test please feel free to contact any of the nursing staff @ 808-433-2921 or Nurse help line at 433-2778 EXT 417.