

Understanding Bladder Function Testing

Urodynamics refers to a series of studies we use to test the function of your bladder and urethra (the tube leading from your bladder to the outside of your body). These tests may be recommended for you if:

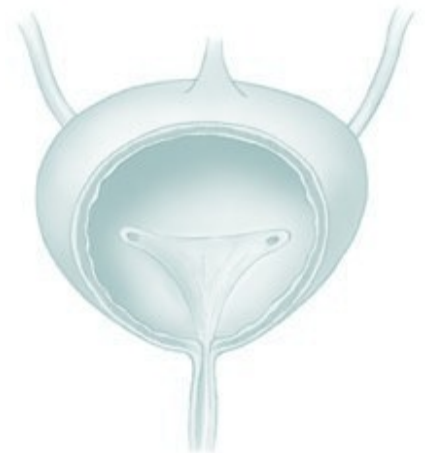
- your bladder leaks when you cough, sneeze, or exercise
- you have had recurrent bladder infections
- you are unable to empty your bladder completely
- you feel the need to empty your bladder frequently



Prior to your appointment for urodynamic studies, we may ask you to keep a voiding diary for three days. This will help us understand your unique problems more completely.

On the day of your appointment:

- Bring the completed voiding diary if you were asked to complete one.
- Arrive with a comfortably full bladder. Try not to void one hour prior to the study.
- The tests will take about an hour.
- You will have no restrictions on your activities afterwards.
- Take your normally scheduled medications unless instructed otherwise.
- Eat or drink normally.



Your health care provider will decide which of the following procedures are appropriate for your unique situation:

Uroflowmetry. You will be asked to urinate into a special commode that allows a computer to measure your urine flow rate and the volume of urine you void.

EMG. This study measures how well you can control the muscles that allow urine to leave your bladder. Sticky patches called electrodes will be placed near your rectum to record muscle activity.

Cystometrogram. This study measures how much your bladder can hold and how well you can control your bladder muscle. A thin tube will be placed in your bladder and another in your rectum. These catheters will measure the pressure inside your bladder and the pressure your body exerts on your bladder. You will be asked to report when you first feel the need to urinate and when that feeling intensifies. You may be asked to cough, bear down, or stand during this test to check for leakage of urine. At the end of this study you will be asked to empty your bladder.

Pressure Flow Study. This study measures how well the bladder muscles, the sphincter, and the urethra work together. This test may be done sitting on a special commode or standing. Your bladder will be filled. You will then be asked to urinate. The computer will measure the strength of your bladder muscles, your urinary flow rate, and the volume of urine you void.

If you have additional questions, feel free to call our office at 304-697-2035!