



# Urodynamics & Pressure Flow Study

Date of procedure: \_\_\_\_\_ Time of procedure: \_\_\_\_\_

This handout will help you learn more about your Urodynamic Test visit!

How to get ready, what to expect, and what to watch for when you get home.

**If you need to cancel, please contact the ordering doctor's office.**

Arrange to come to the hospital **30 minutes** before your appointment time and check in at the clinic least **15 minutes prior** to your test.

## Where will my Urodynamic Test be done?

Royal Jubilee Hospital  
Ambulatory Clinic D&T, Level 1  
1952 Bay Street  
Victoria, British Columbia  
V8R 1J8

## How do I get ready for the Urodynamic Test?

- Wear comfortable clothing that is easy to take off and put on.
- Please come, if able, with the ability to empty your bladder. We understand that this is not possible for many people, and can cause some discomfort.
- Please attempt to have a bowel movement before coming to the hospital.
- If you feel the symptoms of a bladder infection, please call the ordering doctor's office, you may need antibiotics prior to the test or to have the test rebooked once your symptoms have gone away.
- Avoid wearing scented products such as perfume, aftershave, body lotion or washing with strong scented soaps prior to test.
- If you have a caregiver that assists you to dress, please have them accompany you to the hospital.
- \* **Important! Bring a list of all your current medications with you, this includes vitamins and supplements.**

## Eating and drinking

- You may eat and drink as you normally do before your procedure, but please avoid anything that irritates your bladder such as caffeine and or large volumes of fluids.

## Stopping medications

- Take all your regular medications as usual on the day of your procedure.

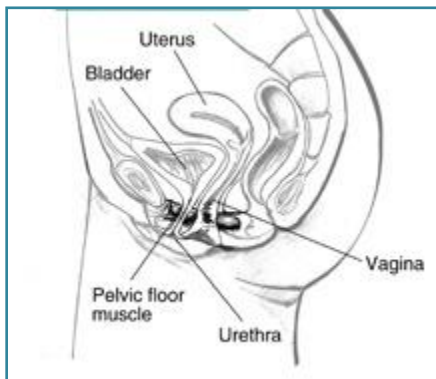
## What is an Urodynamic Test?

Urodynamic testing looks at how well parts of your urinary tract are storing and releasing urine. Your urinary tract is made up of your kidneys, ureters, bladder, and urethra. When urine is made by your kidneys, it drains down into tubes called ureters. The ureters are joined to your bladder, which stores urine. When your bladder is full, it squeezes your urine out into the urethra and you pass urine out of your body. Urodynamic testing checks your bladder and urethra.

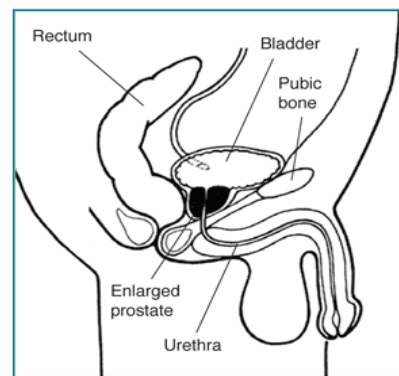
## What is this test for?

You may need urodynamic testing if you are having problems like:

- Leaking urine
- Emptying your bladder all the way
- Trouble starting to pass urine
- Frequent or painful urination
- Uncontrollable strong urges to pass urine
- Frequent urinary tract infections



Side view, female urinary tract



Side view, male urinary tract

## Who will do the procedure?

A licensed practical nurse will explain and perform the procedure. A health care aide will be in the room to assist with the procedure. The duration of the procedure will be 60 to 75 minutes. Your doctor will receive the results and go over them with you.

## How is the procedure done?

- You will not be sedated for this test. You will be required to move within the room and answer questions during the procedure.
- The procedure will be carried out in a private room. To help ensure you are comfortable as possible, and to provide reassurance, a nurse and a care aide will be performing the procedure.
- You will be asked to remove your clothes and put on a hospital gown and robe, then empty your bladder on a commode.
- You will be asked to lie on a stretcher. The nurse will insert a catheter (small, flexible tube) into your urethra to drain your bladder.
- Once the bladder is drained, a specialized catheter will be inserted in your urethra to measure the strength of your muscle contractions. The catheter will be secured in place with tape for the duration of the procedure.
- Once the urinary catheter is inserted, a specialized catheter will be inserted into your rectum. This catheter is also measuring the strength of your muscle contractions. It will be secured into place for the duration of the procedure.
- You will be assisted to move to a commode for the test.
- Once the test begins, sterile water will be instilled into your bladder via the urinary catheter probe.
- The nurse will be checking the pressure inside of your bladder when it is filled; how your pelvic muscles work; if you have leakage if you cough, laugh, bear down with a full bladder; how much urine comes out and how quickly you drain your bladder; if you have any urine left in your bladder after you void. You will empty your bladder with the catheters in.
- After the procedure, the two catheters will be removed and you will get changed out of the hospital gown. Your test results will be sent to your referring doctor.

## Care after the procedure:

- **Pain:** It is normal to experience a burning sensation when you urinate after the procedure. Take Acetaminophen if necessary and/or a sitz bath.
- **Activity:** You can resume your normal activities, including sexual activity, the day after the procedure.
- **Take your medications as scheduled, unless told otherwise by your doctor.**
- **Empty your bladder as soon as you feel the urge to urinate.**
- **Fluid intake:**
  - Drink plenty of fluids to help reduce the burning sensation and flush out any bacteria that may have been introduced. Try to drink 6 to 10 cups of water after your procedure, **unless** your family doctor has restricted your fluid intake.
  - Avoid drinking alcohol, coffee and pop the day of the procedure as it increases the burning sensation.

- **The following is normal:**
  - Some difficulty starting or passing urine immediately after the procedure. This should resolve within the day. Drinking fluids will help.
  - Small amounts of blood seen in your urine for up to 24 hours.

**Call your family doctor or the Emergency Room if you have:**

- Inability to pass urine.
- Chills or fever of 38.5°C or greater.
- On-going large amounts of bright red blood or clots in your urine the size of a nickel.
- Painful and frequent urination.

**Follow-up appointment:**

**Important!** If a follow-up appointment has been recommended, but you are unclear regarding the appointment schedule, please contact your doctor's office.

**The information in this handout is intended only for the person it was given to by the health care team. It does not replace the advice or directions given to you by your doctor.**