

URODYNAMICS TESTING

Patient Name: _____

Your test is scheduled on: _____

Your arrival time is: _____

Your urinalysis appointment is scheduled on: _____

BEFORE THE TEST:

1. **Please arrive with a full bladder. You must drink one liter of water two hours prior to your test. Your bladder needs to feel extremely full upon your arrival!! Failure to follow the required prep may result in unnecessary catheterization!! See next page for example of one liter water bottles.**
2. **Please take all medications as you normally would on the day of the test, including blood pressure medication.**
3. **NO CAFFEINE FOR THREE (3) DAYS PRIOR TO THE PROCEDURE.**
4. **NO BLADDER MEDICATIONS FOR THREE (3) DAYS PRIOR TO THE PROCEDURE.**
5. **YOU MUST CONTINUE TO USE YOUR ESTROGEN CREAM NIGHTLY AS INSTRUCTED BY DR. BOWLING.**
6. **BE ADVISED – IF YOU FAIL TO FOLLOW THE ABOVE STEPS, YOUR TEST WILL BE RESCHEDULED TO A LATER DATE!**

WHAT TO EXPECT:

1. We will have you empty your bladder while sitting in a special chair that measures the flow of urine.
2. The nurse will clean your urethra with betadine soap and insert a very small amount of lidocaine gel into your urethra to help with any discomfort from the catheters.
3. A very small catheter will be placed inside the bladder. This measures the pressure inside the bladder.
4. A very small catheter will be placed inside the rectum. This measures the pressure inside the abdomen.
5. Your bladder will be slowly filled with water, while the catheters detect changes in pressure.
6. Your bladder will be checked for leaking several times throughout the test by having you cough or bear pressure in your abdomen.
7. At the end of the test, your bladder will be very full and we will have you empty one last time while the catheters remain in place. This measures how well you actually empty your bladder.

AFTER THE TEST:

1. Your results will be discussed with you by Dr. Bowling and all options for treatment will be discussed as well.
2. You may return to work immediately after the test.

CYSTOSCOPY:

**** If there is a cystoscopy procedure included in your appointment, please take 800mg of Ibuprofen at least one (1) hour prior to this appointment.**