

# Urodynamic Testing

## What is urodynamic testing?

Urodynamic testing is a bladder pressure test that tells us how your bladder is working.

It shows:

- How much fluid your bladder holds
- How well your bladder stretches as it fills
- If and when your bladder is contracting
- if your bladder leaks when your cough or strain
- if you can't empty your bladder completely

The test does not hurt. The results help the doctor diagnose and/or treat your bladder/pelvic floor problems. The test takes about **45 minutes to 1 hour**.

## How do I prepare for the test?

- Stop all the medicines you take to relax your bladder at least **3 days before** the test. This medicine (e.g. Detrol™, Ditropan™, Vesicare™, Toviaz™, Myrbetriq™) will affect the test results.
- If you have a heart condition and need to take antibiotics before any tests and procedures, get a prescription from your family doctor and take them **one hour** before the test.
- Tell your nurse if you have an allergy to latex or iodine.
- **Your bladder must be full for the test. Do NOT drink or pee (void) in the hour before the test.** A full bladder means that you will feel the urge to pee, but you should not be too uncomfortable.

## What can I expect during the test?

- A nurse will admit you and have you change into a hospital gown.
- A **flow-rate test** is done: You will empty your bladder on a device that will measure how much you pee.
- A **cystometrogram and urethral pressure profile** is done:
  - A catheter (small tube) is placed in your bladder after you have voided, to check if your bladder is completely empty. This may be done both at the **start** and at the **end** of the test.
  - Three sticky pads are put on your leg and beside your anus to record muscle contractions of your pelvic floor muscles during the test.
  - Another type of catheter is put into your bladder and your rectum. These measure and record the pressures in the bladder, urethra and abdomen during the test.
  - You are asked to cough, push, and to tell the nurse when you feel something as your bladder is being filled with sterile water.
  - The catheter may be moved in and out slowly during the test to measure your urethra.

## What happens after the test?

- You are told if you need to see the referring doctor or your specialist.
- You can dress after the test and carry on with your normal activities. You may find that you have some burning when you pee. This should **go away** within 2 days. Drink extra fluids till then.
- A report is sent to the doctor who referred you. This takes 4 to 6 weeks.

## When should I call my doctor?

Call your doctor if:

- After 2 days you have burning or pain when you pee, you feel like you always have to pee, or your urine is red or brown after 2 days.
- Blood is coming from your urethra (where the catheter was put in)
- You have chills or a temperature of 38.5°C or higher