

## **WHAT IS URODYNAMIC TESTING?**

Urodynamic testing are measurements taken to evaluate your bladder function. These tests are performed for several reasons, including:

- Urinary incontinence (leakage) or problems emptying your bladder completely
- Frequent urination or sudden urges to urinate
- Pelvic organ prolapse
- Possible uro-gynecologic surgery

The purpose of this test is to try to reproduce your symptoms so that an accurate diagnosis and treatment plan can be made. Anesthetic or numbing gel is used to provide local pain relief to the urethra (opening to the bladder) during testing. You do not need to be fasting, and you can drive yourself to and from the appointment. You will be prescribed an antibiotic after the test to prevent a urinary tract infection.

Expect to be in our office for approximately 1-2 hours .Bladder and vaginal pressure catheters (thin flexible tubes) are inserted into your bladder to measure pressures during the test. The bladder is filled with saline while pressures are recorded and you report any sensations you experience. We will ask you to cough and strain to help see if you experience any leakage. You may also have a camera placed into your bladder (cystoscopy) to check for any abnormalities that could be contributing to your urination problems. Demonstration of your problem will help us determine the best treatment for your condition. Please schedule a follow up appointment in 2 weeks to discuss your treatment plan and surgical options.

After testing, you will be encouraged to stay hydrated. Also, you will be asked to refrain from sexual intercourse for 24 hours after the procedure.

Before your appointment, please download and fill out our bladder health questionnaire from the patient forms section on our website, [rockvillegyn.com](http://rockvillegyn.com). This history is very important for the correct diagnosis and treatment of your problem.

If you have any other questions, please do not hesitate to call our office at 301.770.4967 extension 128.