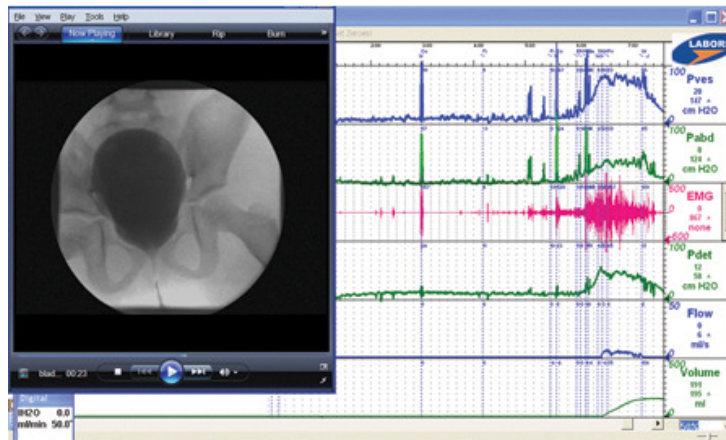


URODYNAMICS FOR THE BLADDER

Urodynamic tests for urinary incontinence are measurements taken to evaluate your bladder's function and efficiency. The actual tests done vary from person to person.



Preparation

We ask that you come to your appointment 15 minutes prior to your scheduled time. Drink 32 ounces of fluid (water is best) before you arrive for your appointment. *Please make sure that your bladder is full.* When you have a strong urge to urinate, let the receptionist know. You will be instructed to urinate into a container, the volume of urine will need to be measured documented by the nurse.

Procedure

After you have completely emptied your bladder, you will be asked to lie down on the exam table. Under sterile conditions, a catheter will be inserted into your bladder to make sure that it is totally empty, at the same time a specimen of urine will be taken to make sure that you do not have a urinary tract infection (UTI). With the insertion of the catheters, you may feel a slight sting or pinch.

Next, a similar catheter will be inserted into the vagina. Once the catheters are secured in place with tape, we may begin the test. The catheters are attached to a computer so we may gather data about how your bladder and urethra function. Your bladder is slowly filled with sterile water and you will be asked about sensations you are having as your bladder fills. Several test will be done while your bladder is being filled, you will be asked to bare down, cough, and blow on your hand as if you were trying to blow up a balloon. These test are done so we can document any leakage. When you are full, you will be asked to urinate and empty your bladder into a commode. Once you are done urinating the procedure is done and you may get dressed