

James Buchanan Brady Urological Institute  
The Johns Hopkins Medical Institutions  
Baltimore, Maryland 21287

Your Doctor has referred you to the Department of Urology for **Urodynamic** testing.

***WHAT ARE URODYNAMICS?***

Urodynamics are a set of tests that evaluate bladder function. The aim of urodynamic testing is to reproduce your voiding patterns so that we may identify any underlying problem. We will evaluate how well your bladder can store as well as empty out urine.

***HOW DO I PREPARE FOR URODYNAMICS?***

One special preparation is required: the evening before or the morning of (for afternoon appointments) please use a Fleets rectal enema. This is available over the counter and will make sure your rectum is empty so testing will not have to be delayed or interrupted and will also provide for better collection of data during testing. Also, take all of your regularly prescribed medications unless your doctor has told you not to.

About referrals- It is the patient's responsibility to bring a current referral for urodynamics. If you do not have a referral, your testing may still be completed but you will be responsible for the bill. Because of necessary preparations to start your testing on time, we ask that you arrive one hour before your scheduled appointment time. If you will be late or cannot keep your appointment, please contact the Urology Clinic at 410-955-3801.

***WHAT ARE THE TESTS LIKE?***

The first test to be performed may be a uroflow. If you are able, you will be asked to urinate into a special commode that measures the force of your stream and the amount of urine in your bladder. Next, a sterile urinary catheter may be passed into your bladder to drain out any urine you were unable to pass on your own. This does not hurt, but may give you the sensation of having to urinate. The catheter is then taken out.

Next, the actual urodynamic testing will begin and involves inserting two thin measuring catheters and applying three skin sensors. The first catheter is placed into the bladder and will

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allow us to fill the bladder with sterile water while measuring your bladder's response at the same time. The second catheter is placed into the rectum to evaluate abdominal pressures and how hard your stomach muscles may be working to help you urinate. These catheters also do not hurt but may give you the same sensation of needing to urinate. Finally, three skin sensors will be placed near your rectum to measure how the sphincter muscle is functioning. This is the muscle at the base of your bladder that opens and closes with urination. As your bladder fills you will be asked several questions about your usual urination habits, when you feel the need to urinate, etc. Once your bladder is full, you may be asked to urinate again on the commode, to measure how much of the sterile water you can empty on your own. How your bladder responds to the fill/empty cycle will be recorded on a printout for your doctor to see. The entire session may last for one hour.

### ***AFTER YOUR URODYNAMIC TESTING***

When testing is completed, you and your doctor will discuss the results. You may also be given an antibiotic by mouth to prevent any urinary tract infection. Some patients experience burning during urination for several hours afterwards and this can be controlled by increasing the amount of water you drink. This action helps to dilute your urine so it is not as irritating during urination. Some patients may also see some blood in the urine or have pink colored urine. This can also be controlled by increasing your fluid intake. These commonly reported occurrences rarely last longer than twenty-four hours. If you experience bleeding longer than twenty four hours, pain on urination, foul-smelling and/or cloudy urine, or fever (101F), contact your physician. These symptoms may indicate a urinary tract infection that would require a different antibiotic than the one you were given after urodynamics. You may always call the urology resident-on-call (twenty four hours a day) at 410-955-6070.

Hopefully, this information gives you a basic understanding of what your urodynamic testing will be like. If you have further questions, please call the Urology Clinic at 410-955-3801.

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