

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. Urodynamic testing tries 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.

***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. This catheter is then taken out.

Next, the actual urodynamic testing will begin. The first catheter, as small as piece of spaghetti, is placed into the bladder and will allow us to fill the bladder with sterile water while measuring how well your bladder fills. The second catheter, the same size as the one in your bladder, is placed into the rectum to evaluate abdominal pressure, or how hard your stomach muscles may be pushing to help you urinate. Finally, three sticky patches (skin sensors) may be placed on your bottom near your rectum, to measure how well certain muscles are working (the pelvic floor muscles and the urinary sphincter). 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 into 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.

***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 allow us to obtain better readings from the rectal catheter during testing. Also, please take all of your regularly prescribed medications unless your doctor has told you not to. You may eat and drink as you normally do.

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About referrals- It is your responsibility to bring a current referral for urodynamic testing. If you do not have a referral, your testing may still be completed but you may 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.

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

When testing is completed, your doctor will discuss the results with you. You may also be given an antibiotic by mouth to prevent any 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 may have been given after urodynamic testing. You may always call the urology resident-on-call (24 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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