

URODYNAMICS

Getting the results

Plan to follow-up with your provider one week after your scheduled test to discuss your test results and possible treatment options

Treatment Options

Options include, but are not limited to, behavioral treatments, electrical stimulants, bladder distention, biofeedback therapy, psychotherapy, denervation, surgery, and drug therapy.

Obtaining an Appointment

- You may first be seen by one of our providers at SCIM and be referred.
- You may be referred by another physician.

**Call and set up your appointment
TODAY!**

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What is Urodynamics?

- A study that looks at the bladder and urethra to assess their performance on the storage and releasing of urine.
- The tests help your doctor, or nurse, see how well your bladder and sphincter muscles work.
- The tests can also help explain symptoms you may be experiencing such as: incontinence (leaking of urine), frequent urination, sudden/ strong urges to urinate, difficulty starting a urine stream, painful urination, difficulty emptying your bladder, or recurrent urinary infections.

Preparing for the test

- Keep a daily diary for 3-7 days prior to testing, detailing the time and amount of urination that occurs.
- Ask your doctor prior to scheduling about which medications that may need to be stopped prior to testing.
- Arrive at the test with a comfortably full bladder.
- Reschedule the test if you are currently being treated for a urinary tract infection.
- Allow yourself at least one hour for completion of your test.

Taking the test

- There are several different types of urodynamics tests. Your provider will order the appropriate test according to certain urinary difficulties you may experience.
- Most tests focus on the bladder's ability to empty completely and steadily, while also indicating any abnormal contractions causing leakages to occur.
- You will need to tell the urodynamics technician if you are having difficulty starting a stream, maintaining a stream, or if there is any interruption in your urine stream.
- Minimally invasive urinary and rectal catheters will be used to precisely measure pressures within your bladder and abdomen. You may experience mild discomfort with the insertion of these catheters.
- We will strive to keep you as comfortable as possible during the entire test!

After the test

- Normally, you may experience mild discomfort with urination for several hours after the test. We encourage you to drink 8 oz of water every half-hour for 2 hours after the test. Taking a warm bath or holding a warm, damp washcloth over your urethral opening may also help.
- You may receive a 1-2 day supply of antibiotics after the test. If you experience pain, chills, or fever call your provider immediately for this may indicate an infection.