

# Urodynamic's Information Sheet

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Office is located across the street from the Safeway at Fort and Foul Bay

You have been scheduled for bladder testing (cystometrogram) on

\_\_\_\_\_ at \_\_\_\_\_

This test takes approximately 40 minutes. Please have a full bladder (not to the point of uncomfortable). There is a **\$75.00** fee to cover the cost of the catheters. (cash or cheque)

**Failing to attend the appointment without 24 hours notice will result in a \$25.00 charge.**

## What Is Urodynamics?

Urodynamics is the study of how the bladder works. There are different types of urinary incontinence and they each require specific treatments. This test will help ensure you have the best treatment for your bladder.

## Why Do I Need To Have A Urodynamic Study?

- To determine what type of incontinence (leakage) your bladder is exhibiting, so you will receive the best treatment for your specific problem.
- For patients who do not have urinary incontinence but are being seen for a prolapse, urodynamics is often needed to help determine if the patient will have leakage once a prolapse has been repaired.
- If past treatment has not helped, or your symptoms have changed.

## What Do I Need To Do Before My Appointment?

- Please complete the forms provided to you by your gynecologist's office.
- This test can still be carried out if you have your period.
- PLEASE COME WITH A FULL BLADDER. It does not need to be "bursting" but you should have the urge to void upon arrival.

## **What Will Happen The Day Of The Study?**

- Please bring in the forms you have filled out and your used pads in the plastic bag. (only for those doing a pad test)
- The RN will go over these forms and discuss your bladder concerns, explain the urodynamic test, answer any questions or concerns and ask you to sign a consent form before starting the bladder test.
- You will be asked to change into a hospital gown, and start your test by passing urine into a special toilet that measures how much and how quickly you pass urine.
- After your bladder is empty the RN will insert a catheter into your urethra (the pipe you pass urine through) and up to your bladder. At this time it will drain off any urine left behind from your void to give us an accurate measure as to whether or not you empty your bladder accurately. Passing the catheter through the urethra should not be painful but you may have a burning sensation and an urge to void with the catheter in.
- The catheter remains in and this is how the bladder is filled with normal saline. As your bladder is filling you will be asked to report when you have an initial urge to void, when it is a strong urge and when your bladder is full.
- Another catheter is needed to measure abdominal pressures throughout the test. This catheter is placed into your rectum.
- When your bladder is full you will void into a commode and the testing is complete.
- Don't worry if you leak urine during the study as this tells us useful information about your bladder and what we can do to treat your bladder.
- Your appointment will take approximately an hour.

### **After the Test:**

- All catheters will be removed and you are then free to get dressed. The test should not be painful but do tell the nurse if you experience pain at any time.
- It is important to flush your bladder by drinking water for the rest of the day as to prevent a urinary tract infection. Drinking pure cranberry juice mixed with water can help ward off a UTI. If symptoms of a UTI (frequency, burning when voiding, chills or fever) begin please contact your GP or a walk-in clinic for treatment.