

URODYNAMICS

Urodynamic testing is a group of tests that help to evaluate the way your bladder functions. These tests are a standard part of evaluating urinary incontinence (uncontrollable urine leakage) and are also commonly used prior to surgery for pelvic organ prolapse. The testing will help the doctor diagnose the type of urinary incontinence and evaluate the functioning of your lower urinary tract. It will also help evaluate what will happen when your prolapse or "bulge" is repaired during surgery. In some women, the prolapse acts like a "plug", preventing urine leakage. After the prolapse is repaired, they may experience uncontrolled urine leakage. If your doctor can identify this possibility before surgery with urodynamic testing, he/she may be able to prevent urine leakage after surgery.

You will be asked to come to the test with a "full bladder". For most women, this is best accomplished by drinking a glass of water 30 minutes prior to the test time. The water will have time to process through your body and be in the bladder for the beginning of test. If you drink while sitting in the waiting room, that water will make its way to your bladder in the middle of the testing, and make it difficult to obtain accurate results.

During the testing, a catheter (small tube) will be placed into your urethra (passage from your bladder where urine comes out). This will test how much urine is left in the bladder after you have urinated (post void residual). Then sterile water will be placed in your bladder through this catheter. Measurements will be made of how much fluid your bladder can hold (capacity) and how your bladder behaves at different levels of "fullness". You will be asked to tell the staff when you have the first urge to urinate (pass water), when you have a strong urge to urinate, and when your bladder feels really full and you would stop whatever you were doing to rush to the bathroom. Measurements will be taken at all of these points. You will also be asked to cough or bear down, again to see how your bladder functions and if this activity causes you to leak urine. Do not be embarrassed if you leak urine, or even stool, during this procedure. You might compare it to taking your car in for repairs and having the car make just the sound you want fixed. If you are leaking urine at home, we want you to leak during the testing so we can document the conditions under which your bladder leaks.

Urodynamic testing involves filling and emptying your bladder in order to accomplish 5-6 different tests. The testing takes about 30 minutes. You will be sitting in a reclined chair with the catheter in your bladder most of the time. Our experienced, highly trained staff will explain the procedures. Please feel free to ask questions if you do not understand what is happening. Most women find the testing a little embarrassing or mildly uncomfortable, but not painful. Some women experience a little burning or urinary frequency (having to urinate more often) for the rest of that day from having a catheter in the urethra, but this usually resolves by itself. If the symptoms persist, just give us a call and we will advise you what to do next. Your doctor will discuss the results of this testing during a return visit to the office or at the time of the testing. The doctor will discuss treatment options based on the results of the testing. If you wish, feel free to bring a family member with you. If a follow up visit is required we will organise it for you at the end of the urodynamic testing.