

URODYNAMIC TESTING GUIDELINE

Patient's Name: _____

Urodynamics Appointment Date: _____

SPECIAL INSTRUCTIONS

- You have been scheduled for a study of your bladder, urethra, and sphincter. We measure how quickly your bladder empties when you arrive for the study.
- It is important that you have a full bladder.**
- Please drink at least 16 ounces of water 1_ hours prior to your appointment. **If you have a catheter in your bladder, or catheterize yourself, you do not have to drink this fluid.*
- Please bring your 5-day voiding diary with you on the day of your appointment (attached). This diary requests that you record five days of liquid consumption and voiding (5 days **do not** have to be consecutive)

PLEASE NOTE:

- YOU MUST TAKE ANTIBIOTICS** if you have **any** joint replacements (shoulder, knee or hip), mitral valve prolapse, or require antibiotics for dental work. Take this 1hour prior to testing. The test will not be done if you have not medicated yourself.
- YOU MUST STOP** (72 hours prior to the test) medications that affect the bladder, such as Detrol, Flowmax, Vesicare, Enablex, Ditropan, Oxybutynin, Tofranil, Imipramine, Levbid, Levsin and Urised.
- YOU MUST STOP** medications that contain antihistamines "OTC" tranquilizers, cold medications, and/or sleeping pills for 2 days prior to testing.
- YOU MUST BRING** someone to help you transfer if you require wheelchair assistance.

THIS TEST CONSISTS OF FOUR MAIN PROCEDURES:

UROFLOWMETRY:

You will be asked to have a full bladder for this test. This involves urinating into a special toilet that measures how quickly your bladder empties and the amount and rate of urine you void from your bladder. This noninvasive study is frequently used to screen for bladder emptying problems.

Time Required: 1-2 Minutes

CYSTOMETROGRAM:

This test evaluates how much your bladder can hold, how well the bladder muscles function and how the neurological signals work that tell you when your bladder is full. This is the primary test used to reproduce and evaluate symptoms of incontinence and other bladder problems.

A very small catheter (rubber tube) will be inserted through the urethra into the bladder. Through this catheter, your bladder will be filled with sterile water or a saline solution. A second catheter may be placed in your vagina or rectum to provide additional data. You will be asked to report any sensations you feel and if they are similar to ones that you have felt at home. You may be asked to cough, bear down ("Valsalva"), or stand during this test.

Possible risks with this procedure include urinary tract infections, or bleeding due to irritation by the catheter. You may have mild discomfort for several hours after the test.

Time Required: 10-20 minutes

Urethral Pressure Profile Study

This test evaluates the amount of pressure in your urethra. This information can be useful in evaluating the cause of incontinence.

The bladder catheter is withdrawn slowly from the bladder and special equipment generates a urethral pressure curve.

Time Required: 1-2 Minutes

Pressure Flow Study

This test is an in-depth measurement of the pressure and flow of urine out of your bladder. This study is valuable for evaluating problems with emptying urine.

Pressure flow studies can be preformed after cystometry. You will be asked to urinate with cystometry catheters in place into a funnel attached to a special toilet.

Time Required: 1-5 Minutes

Getting Your Results

Test results may be available immediately after the study is finished, or you may be asked to return to your doctor's office in a few days for your results. The report will include a summary of the study results, your doctor's diagnosis of your problem, and suggestions for further evaluation and treatment. After reviewing the results, your doctor will talk with you about the study report and your treatment options.

**Dietary Irritants To The Urinary Tract
ACIDIC FOODS TO BE AVOIDED**

Apples	Mayonnaise
Apple Juice	NutraSweet
Cantaloupes	Peaches
Carbonation	Pineapple
Chilies/Spicy Foods	Plums
Chocolate	Strawberries
Citrus Fruits	Tea
Coffee (including Decaffeinated)	Tomatoes
Cranberries	Vinegar
Grapes	Vitamin B Complex Vitamin C (ester C may be consumed)
Guava	Jalapenos
Alcoholic Beverages	

For bladder symptoms related to dietary factors, strict adherence to a diet which eliminates the above food products should bring significant relief in ten days. The proof is resuming your old dietary habits followed by the return of symptoms. Once you are feeling better, you can begin to add some of these things back into your diet, one item at a time. This way, if something does cause your symptoms, you will be able to identify what it is and eliminate it. Avoidance of caffeine, citric acid, and spicy foods can alleviate many symptoms for some patients.

SUBSTITUTIONS

LOW ACID FRUITS - Pears, Apricots, Papaya and Watermelon

FOR COFFEE DRINKERS - KAVA (Low Acid Instant) Cold Brew from Starbucks

FOR TEA DRINKERS - Non-Citrus Herbal Sun Brewed Tea

VITAMIN C SUBSTITUTE - Calcium Carbonate Co-buffered with Calcium Ascorbate