



Women's Wellness Center
www.womenswellnessnow.com

Urodynamics: Advanced Evaluation of Bladder Control Problems

What is Urodynamics?

Urodynamics refers to a series of diagnostic tests performed in the office that evaluate the function of your bladder and urethra. These tests may be recommended if you have urinary incontinence, incomplete bladder emptying, frequent urination, or chronic bladder pain. Urodynamics testing provides valuable information to aid in the accurate diagnosis of urinary problems, and helps to guide us in choosing the appropriate treatment for your specific problem.

How to Prepare for Urodynamics

- Unless otherwise directed by your doctor, you should take your normally scheduled medications. You may eat and drink prior to the study.
- Please arrive for the study with a comfortably full bladder.
- The series of tests typically take less than one hour. You will be able to resume all previous activities, including driving, upon completion of the urodynamics studies.
- Do not fear... On the date of your visit, a specially trained female staff member will guide you through the process step by step. We are sensitive to your anxieties and concerns during such a “personal” testing process, and we strive to keep you as relaxed and comfortable as possible during the process.

The following information is gathered during a urodynamics study:

Uroflowmetry

This study measures your urinary flow rate. You should come to the test feeling as though you need to urinate. Try not to empty your bladder for one hour before your test is scheduled. You will be asked to urinate and empty your bladder into a special commode that allows a computer to measure your urine flow rate and voided volume.

Electromyogram (EMG)

This study measures how well you can control your urethral sphincter (outlet) muscles and helps determine if these muscles are working in coordination with your bladder. Sticky patches will be placed near the rectum to record sphincter muscle activity.

Cystometrogram (CMG)

This study measures your bladder capacity, evaluates how your bladder holds urine, and determines how well you can control your bladder muscle. One very small catheter will be placed in your bladder, and another small catheter in your rectum. These catheters will measure both the pressure inside your bladder, and the pressure your body exerts on your bladder. You will be asked to report the sensations you feel as your bladder is filled (such as when you first feel the need to urinate and when that feeling intensifies). You may be asked to cough, bear down, or stand during the test so as to check for leakage of urine.

Pressure Flow Study

This study measures how well the bladder muscles, urinary sphincter, and the urethra work together. This test may be done sitting on a commode or standing. Your bladder will be filled until you feel that your bladder is completely full. You will then be asked to empty your bladder. The computer will measure the strength of your bladder muscles and sphincter, as well as the urinary flow rate and voided volume.