



Urodynamic Testing

NL Health Services

Urodynamics is a series of tests to evaluate how well your bladder and urethra work. These tests focus on how well the bladder fills and empties. The tests can show if involuntary bladder contractions (spasms) are causing urinary incontinence.

Urodynamic Indications

- Urine leakage
- Frequent urination
- Painful urination
- Sudden strong urge to urinate
- Problems starting a urine stream
- Problem emptying the bladder completely

Urodynamics are usually not painful and most patients do well. No anesthesia is required. It can feel unusual to focus so much on urinating in a room with another person but this test is very helpful to your care. The results are available immediately. You can drive yourself home afterwards or return to work.

Before Procedure

- You may be asked to stop any medication for leaky bladder
- Arrive with full bladder
- Bring your voiding diary if you were asked to complete one

Types of Urodynamic Tests

- **Uroflowmetry** - This test measures how fast or how slow the urine flows out of the bladder. It can determine if your bladder muscles are weak or urine flow is blocked. You will be asked to sit down on the chair and urinate normally. A special collection device measure the volume and speed of the urine you pass.
- **Post-void Residual Measurements** - The amount of urine remaining in the bladder after you urinate. Everyone has a small amount of urine in the bladder after urination. Post-void residual is reliably measured using a thin flexible tube (catheter).
- **Cystometrics** - This part of the test measures:
 - How well the bladder stores urine
 - Bladder pressure
 - How full the bladder is when you get the urge to go

A very thin catheter is placed into your bladder through the urethra. A second catheter is put into the vagina or rectum to measure the pressure inside the abdomen. These catheters have pressure sensors. Your bladder is slowly filled with sterile water which

may feel cold. As this happens, you will say when your bladder feels a little full, almost full and completely full. You will be asked to cough and bear down to see if urine comes out. You may even stand up, jog, cough, and strain.

- **Pressure Flow Study** - To test for a potential blockage and measure the strength of the bladder muscle, this test is done after a Cystometric. You will be asked to empty your bladder with the catheter still in place. This test measures how well the bladder muscle can squeeze when you are trying to urinate. It also measure the speed of the urine flow.
- **Electromyography** - This test records muscles and nerve activity, and/or bladder and urinary sphincters. This involves placing stickers on your skin.

After the Procedure

You may notice stinging during urination. A warm bath or warm compresses to urethral opening are helpful. Urinary tract infections are uncommon after Urodynamics, but you should call your provider if you have symptoms. These include pain with urination, smelly or cloudy urine, and frequent urination.

If you have any questions, please contact your physician or nurse.