



**RED M. ALINSOD M.D., FACOG, FACS, ACGE**  
**SOUTH COAST UROGYNECOLOGY**  
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**www.urogyn.org**

You have been scheduled for a **Urodynamic Evaluation**. This is more commonly referred to as a **“Bladder Study.”**

Time to Report:

Date \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_

Scheduled at Dr. Red Alinsod’s office with Maria and Elizabeth.

### **Preparation**

First, you must have a negative urinalysis and be free of any urine infections. Try to report for your evaluation with a comfortably full bladder. If you empty your bladder just prior to your appointment, it may delay your test. If you have been taking medications to relax your bladder, you must stop taking them 2-3 days prior to the test, unless specifically instructed otherwise.

### **These medications may include:**

Detrol	Tofranil (Imipramine)	Sanctura
Detrol LA	Enablex	Sudafed
Oxybutynin Chloride	Vesicare	Caffeine
Ditropan XL	Pyridium	Alcohol

The procedure will begin with you emptying your bladder on a special chair. I will then review your forms with you. We will begin the evaluation by inserting a small catheter into your bladder and vagina. I will then attach a tube to a computer and fill your bladder slowly with water. You will later be able to urinate out on your own. There is minimal discomfort and the procedure is very well tolerated by most patients.

The whole test will take no longer than 20-40 minutes.

If you have any questions, please do not hesitate to call me at 949-499-5311. I look forward to meeting you.

Sincerely,

Maria Islas, MA  
Elizabeth Ramirez, MA