

Continence Care

Welcome. Our office provides comprehensive urological services to the community. Patients are referred by their physicians for Urodynamics studies and/or bladder training and biofeedback. In addition, patients without a physician's referral can be seen by one of the Urology Nurses for assessment and assistance with urinary incontinence.

What is Urodynamics?

Urodynamics refers to a series of diagnostic tests that evaluate the function of the bladder and urethra. These tests may be recommended if you have urinary incontinence (leakage of urine), recurrent bladder infections, slow or weak urinary stream, incomplete bladder emptying, or frequent urination. These tests provide important information in order for your physician to accurately diagnose and treat your bladder problems appropriately.

How to prepare for Urodynamics

Prior to your appointment you will be mailed a questionnaire to complete regarding your bladder problem. Please bring this with you to the appointment. At the beginning of the test you will be asked to urinate so please arrive for the study with a relatively full bladder. You may eat or drink anything prior to the study. Take your medications as normally scheduled, unless otherwise directed by your doctor. The tests typically take about one hour and are generally painless. So no anesthesia is necessary. Your friends and family are welcome to

accompany you but will be asked to remain in the waiting area. You will be able to resume all previous activities, including driving, at the completion of the Urodynamics studies. A catheter (soft, hollow tube) or special sensor will be carefully placed in your urethra and your rectum or vagina to perform the study. Your physician will decide which of the following tests need to be performed to help diagnose and treat your condition.

Uroflow

This test measures the speed and amount of urine you void. You should come to the test feeling as though you need to urinate. Try not to empty your bladder one hour before your test. You will be asked to urinate into a commode with a funnel attached to a computer that measures your urine flow.

Cystometrogram

This study evaluates how your bladder holds urine, measures your bladder capacity, and also determines how well you can control your bladder. Through a catheter your bladder is filled with fluid. In order to reproduce your bladder symptoms, you should report any sensations you feel during the study. In addition, you may be asked to cough, bear down, stand, or walk in place during the test. At the end of the study, you will be asked to urinate.

EMG

This test measures how well you can control your sphincter (outlet) muscles and determines if they are working in coordination with your bladder. Electrodes may be placed near the rectum to record muscle activity.

Pressure Flow Study

This test determines if there is an obstruction. After your bladder is filled through a catheter, you will be asked to urinate as you normally would. This test may be done sitting on a commode or standing. The study simultaneously records the bladder pressure and urine flow rate.

Videourodynamics

This study is a combination of the above tests with the addition of video pictures. If this study is prescribed, the doctor will be present to explain each step of the process. Your bladder will be filled with contrast fluid, and X-ray video pictures are taken to see your bladder in motion during filling and emptying. After the procedure, the doctor will discuss the study results with you. A detailed report will be sent to your physician including a summary of results, diagnosis, and suggestions for treatment. After reviewing the report, your doctor will talk to you about the findings and your options for treatment.

Biofeedback/Pelvic Floor-Muscle Exercise Therapy

This non-surgical therapy is used to treat incontinence. A nurse will educate, evaluate, and instruct you on proper isolation and exercise of your pelvic floor muscles for bladder control. Using biofeedback technology, a computer recorder monitors your progress and strength of pelvic muscles. Typically this therapy consists of weekly sessions for six weeks. The first session will last about one hour while the remaining sessions will last less than an hour.

How to make an appointment

Your physician will determine what type of Urodynamics studies you will need.

Once testing or your studies are scheduled, you will receive verification of appointment time and location by phone, mail, or internet.

You should arrive 20 minutes prior to your scheduled appointment in order to register.

If you have any additional questions please call your physicians office.

We will strive to make your experience in our office as relaxed, stress free, and worthwhile as possible. Please feel free to visit our website for more detailed information on urodynamic testing.

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Patient Information Guide

To

Urodynamics

