

## Urodynamic Testing

Urodynamics is the study of how the body stores and releases urine. The test measures the function of your bladder, urethra, and pelvic floor muscles. The test will assess bladder pressure, urine flow, and muscle movement as your bladder fills and empties. This test is used in adults and children. It informs your doctor on how to treat your bladder symptoms.

### Before the Test

There is no extra prep needed, unless your doctor or nurse told you to prep. You may eat and drink like normal before this test.

Arrive at the clinic ready to urinate. The nurse will ask you to give a urine sample to test for infection. If you are on a catheterization program, stay on your schedule. Expect the test to take 1 ½ to 2 hours.

### During the Test

You may need to urinate in a special toilet to measure the force of your urine flow, the time it takes to pass urine and the amount of urine in your bladder. Please wait for the nurse to tell you when to empty your bladder for this test.

You will have a small soft tube (catheter) placed in your bladder through your urethra. You may also have a small pressure sensor put just inside your rectum. This will not hurt. You may also have small sticky pads placed next to your rectum to measure your pelvic floor muscles.

Once the tubes and pads are in place, we will hook them up to a computer. We will slowly fill your bladder with sterile water. The nurse will ask you questions about how you are feeling as your bladder fills. When you have a strong urge to pass urine, we will

ask you to relax and empty your bladder with the catheter in place. We may fill your bladder a second time to be sure we get exact results.

If you have a video urodynamic study, we will fill your bladder with x-ray contrast instead of water. The contrast allows your doctor to use x-ray images to see your bladder while filling, straining, coughing, and passing urine.

### After the Test

When the test is done, we will remove the catheters and pads. You should be able to return to your normal routine right after the test. Some people may see blood in their urine or have some mild soreness while urinating for a short time after this test, this is normal. Drink lots of fluids to reduce your risk of infection.

### When to Call

- Fever over 100.4°F by mouth for 2 readings taken 4 hours apart
- Problems passing urine
- Large blood clots in your urine or bloody urine you cannot see through
- Low hip or back pain
- Burning with urination that does not improve after 24 hours

### Who to Call

UW Health- Urology  
**608-263-4757**

East Madison Hospital- Urology  
**608-440-6464**

1 S. Park Medical Center- Urology  
**608-287-2900**

Meriter Advanced Pelvic Surgery (APS)  
Clinic  
**608-263-6240**

After hours, nights, weekends, and holidays, the clinic number is answered by the paging operator. Ask for the urology doctor on call. Leave your name and phone number with the area code. The doctor will call you back.

The toll-free number is **1-844-607-4800**.

Your medical record number

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If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2021. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#5914