

# PATIENT INSTRUCTIONS FOR URODYNAMICS

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## What is a urodynamics?

A urodynamics test is performed to check how your bladder works and to determine why there could be leaks or blockages of urine. This test is performed by a specialized nurse and involves placing a very tiny catheter into your bladder as well as one in the rectum. There are also EKG leads placed near your anus. The test is done with you awake and communicating with the nurse about what your bladder is feeling as we fill it with fluid. The entire procedure, including set-up, usually does not take longer than 1 hour.

This information packet will help you prepare for your upcoming urodynamics. We encourage you to review this information before the procedure and have it available as a reference. Should you have any questions, please contact our office at (212) 305-5311 or (212) 305-0144. There will be someone available to answer questions 24 hours a day, every day of the week including holidays. For non-urgent issues, you are encouraged to call between 9 AM and 5 PM.

### Prior to your urodynamics

- You do not have to stop any medications unless your doctor specifically asks you to.
- You may eat a normal meal before your procedure.
- You can leave the office unaccompanied and can drive yourself home.
- You will be asked to submit a urine specimen prior to the procedure. If your doctor recommends antibiotics based on the urine culture results, you will be notified.
- Periodically, the urodynamics is done with X-Rays to check the contour of your bladder. Please notify your provider if you are or could be pregnant.

### What to expect during your urodynamics

- The nurse will bring you to the urodynamics room, ask you to undress from the waist down, and give you a medical gown to wear.
- You will sit in a special chair and the nurse will place the catheters and EKG leads.
- Your bladder will be gradually filled through the catheter and the nurse will ask you questions about what you are feeling. They may also ask you to cough/ bear down to assess for bladder leaks or they may ask you to try to urinate into a receptacle.
- The nurse will generate a report for your provider to review at your next visit with them.

### What to expect after your urodynamics

- It is normal to have burning with urination. This usually resolves in a few days.
- If you develop fevers (101.5° or higher), or persistent burning, blood in your urine, or bladder pain, please notify the office.

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[Please visit this American Urological Association website for more information on urodynamics.](#)