

Urodynamic Testing Instructions

1. Preparing – Please fill out the voiding diary prior to coming in for your appointment. You should abstain from intercourse for 2 days prior to the test. There are no special preparations but do come with a full bladder.
2. Taking the Test – The test will be in four parts.
 - First you will void in a commode that will evaluate how well your bladder empties itself.
 - Next you will lay on the table and a small catheter (3mm) will be placed into your bladder through the urethra and one in your vagina. Your bladder will then slowly be filled with water. As this is being done you will be asked to cough and do other activities to evaluate leaking of urine. When you feel your bladder is full the water will be stopped.
 - After that you will void in the commode one last time to evaluate for bladder spasms.
3. Diet – There should be no change in your diet.
4. Reasons to Notify Our Clinic –
 - Worsening pain
 - Foul smelling vaginal discharge
 - Fever greater than 100.4 degrees farenheight.
 - Nausea/vomiting that prevents you from receiving good pain control.

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