



URODYNAMIC TESTING

PRE-PROCEDURE INFORMATION AND INSTRUCTIONS

Your provider has recommended urodynamic testing to further evaluate your urinary concerns. Please review the following information **BEFORE** the day of your procedure. If you have any further questions, you may contact the office at 815-717-8727.

- Complete the 2-3 day bladder diary to the best of your ability. Try to choose days which represent your typical voiding pattern.
- We make every attempt to complete the test when you are asymptomatic of a urinary tract infection. For this reason, a urine culture may need to be obtained prior to testing. If positive, you will be treated with an antibiotic prior to testing.
- Please discontinue bladder medications (if indicated) 1 week prior to testing.
- **AVOID DIETARY TRIGGERS** for 48 hours prior to testing. This includes caffeine, chocolate, coffee, citrus products, and alcohol.
- You are encouraged to have a bowel movement prior to arrival. This helps to minimize anxiety about having a BM during testing.
- Wear comfortable clothing. We will attempt to illicit leaking episodes while sitting and standing. A change of socks is recommended.
- Empty your bladder immediately before leaving your home on day of testing if you live a distance from the office.
- Arrive to the office with a **“comfortably full bladder”- not filled to capacity**. This may require you drinking 16-32 ounces of water prior to testing.
- **DO NOT URINATE UPON ARRIVAL**. You will be emptying your bladder as the **FIRST** part of the testing process.
- Testing will take approximately 45-60 minutes to complete.
- Testing will include catheterization. Please inform us if there are any concerns re. catheter insertion.

POST-PROCEDURE INSTRUCTIONS

- Please drink at least 48 ounces of water daily for 48 hours to flush your bladder and minimize post-procedural infection.
- Be sure to urinate within 4-6 hours after testing.
- It is normal to notice small amount of blood/ spotting with urination. This will resolve.
- You may resume your bladder medications at this time (if applicable).
- Notify the office if you develop s/s of UTI that do not resolve after 48 hours AND is new for you: burning, frequency, urinary retention, pelvic pressure

**** According to National Association for Continence:**

“While only one out of twelve incontinent patients in the United States actually report their symptoms to their doctors, approximately 80% of them can be cured or improved.”

Thank you for choosing to improve your quality of life and have your urinary issues addressed.