

## MNWC FACT SHEET

## About Your Urodynamic Study

### What is a Urodynamic Study? And why is it used?

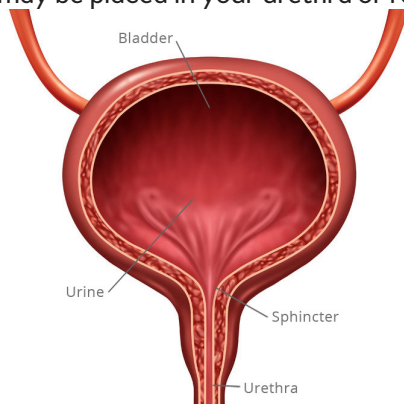
A Urodynamic Study is an important series of tests that we use to provide detailed information about your bladder and its current function. The Study is used to pinpoint the cause of your bladder concerns such as bladder leakage (incontinence), frequent urination, persistent UTIs, and other bladder issues in the lower urinary tract.

### Preparing for your Urodynamic Study

- Please make sure we know what medications you're taking. Include herbal remedies and over-the-counter medications as well.
- Keep a voiding diary as instructed.
- Ask whether you'll need to arrive with a full bladder.

### During the Study

- You may be asked to urinate. This is a way for us to get accurate study results. Please try to relax.
- Depending on the test that is needed to make an accurate diagnosis, a catheter may be placed in your urethra. We sometimes use a special sensor that may be placed in your urethra or rectum.



#### Lower Urinary Tract

Bladder: Collects and stores urine

Urethra: Carries urine from the bladder out of the body

Sphincter: The ring of muscles where the bladder and urethra meet

During urination, signals from the brain tell the sphincter to relax and the bladder to contract and push urine down the urethra and out of the body.

### Common Urodynamic Tests

#### Uroflowmetry

This test measures the amount and speed of urine as it is voided from the bladder. Urine flow is measured over time. The amount of urine left in the bladder may also be measured.

#### Cystometry

This test measures how much the bladder can hold by testing the strength of the bladder muscle. It also evaluates the signals your bladder sends when full. During this test the bladder is filled with sterile water or a saline solution. You may be asked to cough, stand, walk, or bear down during this test.

#### Electromyogram

This test checks the muscle contractions that control urination. Electrode patches or wires may be placed near the rectum or urethra.

#### Pressure flow study

This test measures the pressure and flow of urine out of the bladder and is often performed after cystometry.

#### Video cystourethrography

This test is used to help find blockages and other problems. The bladder is filled with an e-ray contrast fluid and x-ray video images are then taken as you urinate.