

## APPOINTMENT INSTRUCTIONS

- This test may not be available for patients that weigh over 325 lbs.
- If you have physical limitations, you will need to bring a caregiver or assistant to help with testing.
- Please call prior to your appointment if you are feeling ill or have diarrhea.
- Please let us know if you feel pain in your abdomen, rectum, bladder, or if you feel you have a urinary tract infection (UTI).
- You should arrive 20 minutes prior to your scheduled appointment.
- If you have any additional questions about medications or procedures please call your provider's office.

LABORIE MEDICAL TECHNOLOGIES  
www.laborie.com

## NOTES

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The Center  
For Men's and  
Women's Urology, LLC

The Center For Men's and Women's Urology, LLC  
24076 SE Stark Street  
Suite 310  
Gresham, Oregon 97030

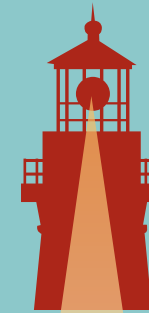
phone 503-492-6510  
fax 503-492-6502

www.centerforurology.com

THE CENTER FOR MEN'S  
AND WOMEN'S UROLOGY, LLC

## PATIENT INFORMATION

# GUIDE TO URODYNAMICS



Shammai Rockove, M.D., F.A.C.S.  
Melanie Crites-Bachert, D.O., F.A.C.O.S.  
John Gunselman, D.O.  
Joseph Gillespie, M.D.  
Varun Sundaram, M.D.  
Meghan Sperandio, N.D.  
Stacy Landers, P.A.-C.

## HOW TO PREPARE FOR URODYNAMICS

Unless otherwise directed by your provider, you should take your normally scheduled medications. You may eat and drink prior to the study. Please do not wear oils or lotions.

The test typically takes one hour. You will be able to resume all previous activities, including driving, upon completion of the Urodynamics studies.

## WHAT IS URODYNAMICS?

Urodynamics refers to a diagnostic test that evaluates the function of your bladder and urethra. This test may be recommended if you have urinary incontinence (leakage of urine), recurrent bladder infections, a slow or weak urinary stream, incomplete bladder emptying, bladder pain, or frequent urination. Urodynamics provide valuable information to aid in the accurate diagnosis of your urinary problems.

Urodynamics tests contain the following four components:

### 1. UROFLOWMETRY

This measures your urinary flow rate. At the end of the test you will be asked to urinate into a special commode that allows a computer to measure your urine flow rate and voided volume.

### 2. PRESSURE FLOW STUDY

This measures how well the bladder muscles, the sphincter, and the urethra work together. Your bladder will be filled until you feel that your bladder is completely full. You will then be asked to urinate. The computer will measure the strength of your bladder muscles and sphincter, as well as the urinary flow rate and voided volume.

### 3. CYSTOMETROGRAM

This measures your bladder capacity, evaluates how your bladder holds urine, and determines how well you can control your bladder muscle.

One very small catheter will be placed in your bladder, and another catheter will be placed in your rectum. These catheters will measure both the pressure inside your bladder, and the pressure your body exerts on your bladder.

You will be asked to report the sensations you feel as your bladder is filled (such as when you first feel the need to urinate and when that feeling intensifies).

You may be asked to cough, bear down, or stand during the test so as to check for leakage of urine. At the end of the study, you will be asked to urinate.

### 4. EMG

This measures how well you can control your sphincter (outlet) muscles and helps determine if they are working in coordination with your bladder. "Sticky patches" (electrodes) will be placed near the rectum to record sphincter muscle activity.

