

# Women's Health Partners, LLC

Diplomates of the American Board of Obstetrics & Gynecology  
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## Urodynamics

### Patient Information

#### What is urodynamics?

Urodynamics is a test that looks at the behavior of your bladder. There are different types of urinary incontinence and each requires a different treatment. This test will ensure that you have the best treatment for your bladder.

#### Patient Information:

- The test will take approximately 45-60 minutes to complete. It is not painful.
- You will be asked to empty your bladder into a special toilet in private as the first part of the test.
- A small catheter will be placed into your bladder through your urethra and another will be placed into your rectum. It is necessary to have the rectal catheter in order to record bladder pressure.
- Your bladder will then be filled with sterile water until you feel the need to urinate.
- You will be directed to cough at various points during the test.
- At the end of the test you will be asked to empty your bladder once again.

Please note: You have been scheduled for this test because of a bladder problem. Please do not feel embarrassed or upset if you have difficulty controlling your bladder during this test. This test is designed to recreate the problem that has brought you to our office.

#### Patient Instructions:

- Please arrive for the test with a **comfortably full** bladder. Please **DO NOT** drink a *large* amount of fluids immediately before the test. We prefer you to drink earlier in the day and try not to urinate before leaving home.
- You may eat or drink normally on the day of the test.
- Please stop your bladder medications (Detrol, Ditropan, Sanctura, Vesicare) at least five days prior to the test.

#### After the test:

- You will be given one antibiotic to be taken immediately after the procedure to prevent any post procedure infection from occurring.
- After all the test information is compiled and printed, your doctor will review the information, discuss it with you and develop a treatment plan based on the information. This may happen shortly after your test or on another day depending on his availability.

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