

**URODYNAMIC STUDIES- Karen Hiller, RN, MSN, ANP**

- You have been scheduled for a study of your bladder, urethra, and sphincter. We measure how quickly your bladder empties when you arrive for the study.
- **It is important that you have a full bladder.**
- Please drink at least 16 ounces of water 1\_ hours prior to your appointment. *\*If you have a catheter in your bladder, or catheterize yourself, you do not have to drink this fluid.*
- Please bring your 3-day voiding diary with you on the day of your appointment (attached). This diary requests that you record three days of liquid consumption and voiding (3 days **do not** have to be consecutive)

**PLEASE NOTE:**

- **YOU MUST TAKE ANTIBIOTICS** if you have **any** joint replacements (shoulder, knee or hip), mitral valve prolapse, or require antibiotics for dental work. Take this 1hour prior to testing. The test will not be done if you have not medicated yourself.
- **YOU MUST STOP** (72 hours prior to the test) medications that affect the bladder, such as Ditropan, Oxybutynin, Tofranil, Imipramine, Levid, Levsin, Detrol, Urised.
- **YOU MUST STOP** medications that contain antihistamines “OTC” tranquilizers, cold medications, and/or sleeping pills for 2 days prior to testing.
- **DO NOT STOP** prostate medications such as Hytrin, Cardura, Flomax.
- **YOU MUST BRING** someone to help you transfer if you require wheelchair assistance.
- **YOU MUST OBTAIN A REFERRAL FOR THIS TEST.** We cannot perform the test without a referral in place (ALL REFERRALS: GARY GOLDBERG, MD “URODYNAMIC STUDY”). Medicare does not require a referral.

APPOINTMENT DATE \_\_\_\_\_ TIME \_\_\_\_\_

This Test Consists of Three Main Parts:

- **UROFLOWMETRY:**

This involves urinating into a special toilet that measures how quickly your bladder empties. You will be asked to have a full bladder for this test.

- **CYSTOMETROGRAM:**

This procedure is done to test how well your bladder muscles work. A very small catheter (rubber tube) is placed into the bladder. Your bladder is filled with sterile water to see: how much it can hold, when you feel the need to empty, and how well you can control those sensations and urges. Another catheter may be placed in the rectum as well.

Possible risks with this procedure include urinary tract infections, or bleeding due to irritation by the catheter. You may have mild discomfort for several hours after the test.

- **EMG OF THE EXTERNAL SPHINCTER:**

This procedure is done to study certain neurological conditions or problems with urination. Two electrode patches are placed on the muscle that control the flow of urine



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Date:

Accidents

Time	Drinks		Urinated in Toilet	Accidental Leaks	What were you doing at the time?
	What Kind?	How Much?			
Sample	Soda	2 Cans			Sneezing, Laughing, Exercising
6-7am					
7-8am					
8-9am					
9-10am					
10-11am					
11-12pm					
12-1pm					
1-2pm					
2-3pm					
3-4pm					
4-5pm					
5-6pm					
6-7pm					
7-8pm					
8-9pm					
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