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FORE RIVER UROLOGY

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URODYNAMIC TESTING

You have been scheduled for Urodynamic Testing (UDS). This is a test to help clarify what is causing your urinary symptoms. The test takes anywhere from 30-60 minutes and is performed here in our office.

DO NOT USE THE RESTROOM WHEN YOU ARRIVE; the first part of the test involves voiding in a special commode. If you cannot wait, tell the receptionist. After you void, a straight catheter is inserted into the bladder to drain any remaining urine, and then is removed. This can be uncomfortable, so lidocaine gel is used. The test catheters are very small, about the size of a piece of spaghetti. One goes in the bladder, and one goes in the vagina for women, the rectum for men. Your bladder will be filled with water, then you will void. A computer will be reading all of the data.

If you require antibiotics for dental procedures due to artificial heart valves or a joint replacement within the last 2 years, please let your provider know so they can give you an antibiotic prescription to take prior to your appointment.

You may be asked to fill out a voiding diary, which tracks how much you are drinking and how much you are voiding over a 24-hour period. You will be given a collection device to measure your urine. We ask that you record this for 2 days. They can be any two days before your test; they do not need to be consecutive.

MEN: Constipation can make the testing difficult to perform. As there is a rectal catheter used in tests on men, we ask all male patients to take Milk of Magnesia or Miralax (dose as directed on bottle) the night before your test to clear out your bowels. Instead of laxatives, you could use a Fleets enema the morning of your test, as long as it is administered at least 2 hours prior to your arrival.

Please eat a good breakfast and be well hydrated for your test. You may take all regularly scheduled medications. There is no anesthesia involved. You do not need any premedication for anxiety (it can affect the test).

When you arrive at the office and check in for your test, **DO NOT USE THE RESTROOM.** You need to have a comfortably full bladder for the first part of the test. (If you have a Foley catheter in place, please ignore this instruction.)

If you have any questions about the test, or need to reschedule your appointment, please call the office.