



AMBULATORY CARE

Urodynamic Testing Patient Guide

- The Queensway Carleton Hospital (QCH) Urodynamics Clinic will be calling you to book your appointment.
- Please note we are not equipped to assist in lifts or transfers for patients with mobility issues. If you require assistance with dressing/undressing or to transfer from a wheelchair, please let us know as soon as possible.
- If you have/may have a urinary tract infection (UTI), you must reschedule.
- To reschedule or cancel please call 613-721-4788; and select option 8

On your appointment day: Bring your health card and register at QCH Main Registration. Once registered, you will be directed to the Urodynamics Clinic located within the Endoscopy Department.

How do I prepare for the test?:

- **Medications:**
 - Take your regular medications unless your Urologist instructs otherwise.
 - Bring your updated medication and allergy list with you.
 - If you have a heart-valve defect, artificial valve, or artificial joints and have been told to take antibiotics before dental procedures, you should take the same antibiotics before this test. Contact your Family Doctor's office to obtain a prescription if needed.
- **A change of clothes:**
 - Bring a change of underwear, slacks/pants and socks – just in case.
- **On the day of the test:** Your bladder must be full when the test begins. To do this, drink two to three (2-3) cups (500-750mLs) of fluid before coming to the clinic. Avoid tea and coffee.

*Please note: Finish drinking these fluids one hour before your appointment time, and do not empty your bladder.

(If you have an indwelling foley catheter, drink fluids normally)

What to expect during the Urodynamic testing:

The test takes 1 hour and 30 minutes to complete and is carried out in many steps:

1. You will be asked to sit on a special commode/toilet (in a private room) that will measure the flow and volume of urine.

2. Next, while you are lying down, the Nurse will pass a catheter into your bladder to empty it completely of urine. This catheter will be removed.
3. A small catheter will be placed into your rectum to read the pressure around your bladder.
4. Another smaller catheter will be placed to fill your bladder with sterile saline, during which bladder pressures will be monitored by computer.
 - You will be asked to indicate when you have the urge to urinate.
 - As your bladder is filling, you will be asked to cough.
 - The pressure in your urethra will also be measured.
5. You will be provided a prescription for antibiotics to prevent urinary tract infection. Remember to finish the full prescription as ordered.

When will I know the results of the test?

Test results will be sent to your Urologist once they have been read by the Urodynamics Physician. Your Urologist's Office will contact you to arrange a follow-up appointment to discuss the findings and options for treatment.

The Urinary System/Background Information:

The urinary system consists of the kidneys, ureters, urinary bladder, and urethra. The urethra is encircled by the sphincter muscle. The function of the lower urinary tract (the bladder and urethra) is to store and empty urine.

Your blood passes through your kidneys where it is filtered and cleaned. Urine is formed as the body gets rid of the waste products obtained from the kidneys. The urine flows from the kidneys down the ureters to the bladder where it is stored until there is an urge to empty.

As the bladder fills with urine it stretches, this stimulates nerves which send messages to the brain of your need to urinate. When you are ready to urinate, your pelvic floor muscles relax, your brain tells your bladder muscle to squeeze and your urinary sphincter to open, allowing the urine to pass.

What is Urodynamic testing and why is it necessary:

This testing evaluates how well your bladder stores and empties urine. The test involves assessing the bladder, the urethra, and the urinary sphincter.

The information obtained from this test is important to diagnose and treat many forms of bladder dysfunction. It will also help determine if surgery is necessary, and which procedure would be best for you.

What are the possible complications of Urodynamic testing?

Most patients do not experience any problems after having this test. However, it is possible that you may experience some pain, burning, or even pass a small amount of blood when urinating for the first 24-28 hours following the test. It is advisable to drink plenty of fluid for 48 hours to keep the bladder well flushed.

Information is available in alternate formats upon request