



**WOMEN'S MEDICAL GROUP**  
OBSTETRICS – GYNECOLOGY – INFERTILITY

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## **URODYNAMIC SCHEDULING**

Dear Patient:

Your doctor has recommended urodynamics evaluation due to urinary incontinence. Please call to schedule the appointment with Marie Adragna at 356-0431 extension 227. She will discuss the test with you and schedule your procedure. Please review the following information prior to the testing.

Urodynamics is a study of the nerve and muscle function of the lower urinary tract. It involves a combination of tests which may include a urinalysis, a urine culture and urodynamics (cystometrics) or cystoscopy (looking in the bladder).

Urodynamic testing is performed in the office and takes approximately one hour. You will be asked several questions and a small catheter will be placed into your bladder so that the bladder and urethral function can be checked. Your bladder will be filled with water and you will be asked to cough while pressure measurements are obtained. The testing may cause mild discomfort but you should not experience any pain during the study. You will be given a prescription for Macrobid and Pyridium at your appointment. Take one each after the procedure and again that evening prior to going to bed to prevent discomfort or a bladder infection. Pyridium may turn your urine orange. It may stain your undergarments if you leak and are not wearing a pad.

Urodynamic testing is used to help your doctor decide the cause of your urinary symptoms and to assist in determining the best course of treatment for you. Some incontinence is treated with medication while other types of incontinence may respond only to surgery. The testing may also be used pre-operatively for some types of vaginal surgeries.

Avoid coffee, other caffeinated drinks, decongestants and diet pills for at least 12 hours prior to the testing. If your doctor has prescribed Ditropan, Detrol, Levsin, or Elavil this medication should be discontinued two days prior to testing. Please do not drink more than your normal fluids prior to the testing. Do not urinate within a half hour of the test. Call the day before the test if you have any symptoms of a bladder infection. You may need antibiotics or may need to reschedule the procedure.

If you need to cancel the test, please contact the office 48 hours prior to your appointment. The set-up time for the procedure is extensive and some of the equipment is expensive and not reusable. You will be charged if your appointment is not cancelled within 24 hours.

Please schedule a follow-up consultation with your doctor one week after the test has been performed. If your doctor has also recommended cystoscopy, this may be performed at the same visit. Cystoscopy is a short procedure which allows your physician to look inside your bladder to rule out any anatomical problems.