

Urodynamic studies:

This specialized investigation assesses function of the bladder and may be recommended if you have symptoms of the lower urinary tract. This test is performed to aid diagnosis since it evaluates filling, storage and voiding phases of the bladder.

Simple urodynamic studies involve a test referred to as a uroflowmetry followed by measuring the amount of urine left behind in the bladder (referred to as a postvoid residual measurement).

The uroflowmetry study provides information of your bladder function and average and maximum flow rate. For this part of the study you will be asked to urinate into a special funnel that is connected to a measuring device. It is recommended if you have slow, weak or difficulty in urinating. In some cases this test may be repeated after several days.

The second part of the test is called a cystometric test, which determines sensation of bladder filling, fullness and urinary urgency. This test is not painful, however you might experience slight discomfort when the tiny catheter is passed. A very tiny catheter is inserted into the bladder and another into the rectum. Once inserted you should not feel any discomfort. This test is performed in our urodynamic suite and usually takes 20-30 minutes from start to finish. This is an interactive test (there is an ongoing conversation during the test) and the main goal is to reproduce your symptoms. To demonstrate if you have stress urinary incontinence, you will also be asked to cough. If you have Overactive bladder, involuntary bladder contractions while filling the bladder is sometimes seen during this test.

How to prepare for this test?

A urine culture is usually done to rule out a bladder infection before the test. You do not need to fast for this test. You need to present with a comfortably full bladder- so do not empty your bladder when you arrive.