



Urodynamics is a test that looks at the behavior of the bladder. There are different types of urinary incontinence and they each require different treatments. This test will help ensure you have the best treatment for your bladder.

PATIENT INFORMATION

The test will take less than one hour to complete. It is not painful, but you may find it a little embarrassing. You will be asked to empty your bladder in private, into a special toilet. Fine tubes will be inserted into your bladder and rectum which will record pressure readings in your bladder throughout the test.

Your bladder will be filled with sterile water until you feel the need to urinate. You will be directed to cough at various stages during the test. At the end of the test, you will be allowed to empty your bladder again.

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PATIENT INSTRUCTIONS

Please arrive for your appointment with a comfortably full bladder. It is not necessary for you to drink lots of water before your appointment, as you may find it difficult to hold on. You may eat and drink normally on the day of your test. You may shower normally on the day of your test.

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AFTER THE TEST

Occasionally some women develop a urinary tract infection after this test, so we advise you to increase your fluid intake for 24 hours after the test. If you are concerned that you may have an infection please contact your physician. Your physician will give you an antibiotic to take after the procedure.