



UCOSC | THE UROLOGY CENTER *of*
SOUTHERN CALIFORNIA
Innovative and Comprehensive Urological Care

Urodynamics

There are several pieces that make up Urodynamics. Patients should come for the test with a full bladder (if possible). You will be asked to urinate into a special commode chair or funnel. This will measure how much urine comes out and how fast it comes out. The test is called a Uroflow. Next, a catheter (a small soft tube) will be placed into your bladder to drain out all the leftover urine. This will show how well your bladder emptied. Through a catheter, your bladder will be filled and the pressure of your bladder muscle and its response to being filled will be measured. At the same time, an estimate of the pressures outside the bladder will be measured by inserting another small soft tube, or catheter, into the rectum or the vagina. This tube is about the size of a spaghetti noodle and doesn't do anything except measure pressure. The measurement of these pressures during filling is called a Cystometrogram (or CMG). As the bladder fills, the different pressure measurements will be recorded and you will be asked questions about the way your bladder feels as it is filling. Your bladder will be filled with either a sterile water type fluid or a fluid that can be seen on x-ray. Filling your bladder should not hurt. You may also be asked to cough and push or bear down to check for any leakage. Small sticky patches are often placed on either side of the bottom to measure the electrical activity of certain muscles. This is called an Electromyogram (or EMG). When you feel your bladder is full, you will be asked to empty your bladder into the special commode again. This time you will urinate with the tubes in place. The tubes are specially designed to let the fluid come out around them. This lets us look at the function of your bladder as it empties. This is called a Voiding Pressure Study or a Pressure Flow Study.

Other things that might happen during Urodynamics include:

- The catheter might be moved back and forth in the urethra or urine channel to get more information about the outlet. This is called a Urethral Pressure Profile (or UPP)
- Before and/or after your test you may receive an antibiotic as a precaution to prevent infection. After your Urodynamics are completed, your healthcare provider will review all the information and discuss the results with you. This may be done on the same day as the procedure or as part of a second visit. Then you and your healthcare provider will decide on the best plan of treatment for you.