

Urodynamic and Uroflow Studies

Urodynamics

These are tests that are designed to **evaluate** the bladder function. This test is performed by a urodynamics nurse specialist. A uroflow test is first performed in a tiny catheter or to this place in the bladder by way of the urethra. The bladder is then slowly filled with water and you will be asked to cough and bear down while a computer monitors blood pressure and muscle function. During the test, you may be asked to cough or bear down to measure pressures within the bladder and urethra. You'll be prompted to inform the nurse when you have the urge to urinate. At that point you will be asked to urinate into a volume/flow sensor receptacle. The length of this test varies depending on bladder capacity and function. One hour is usually more than ample time for your total visit here. The only preparation for this test is that you arrive for your appointment with a full bladder. If you do not have the urge to urinate come when you arrive, you will be asked to drink more water and wait.

Uroflow

This test will measure the flow and strength of your urine stream and your ability to enter bladder. You will be asked to urinate into a volume/flow sensor receptacle that will measure the strength of your urinary stream and the rate at which it flows. You'll be left alone to urinate. After you feel that you have finished, a nurse will then perform a bladder scan with is a simple ultrasound to measure the amount of urine, if any, left in your bladder. It is very important that you arrive to the appointment with a full bladder. If you do not have the urge to urinate when you arrive, you will be asked to drink more water and wait until you do have the urge.

Cystoscopy

This test allows your physician to look directly after urethra and bladder from the inside. A disinfecting skin solution will be applied to the genital area and then a numbing jelly is placed in the urethra. It is allowed to absorb into the tissue. There are NO injections or needles involved. Using a small fiber-optic flexible scope, your physician will look into the urethra and bladder. The actual procedure itself takes only several minutes but you will be in the room for 20 or 30 minutes with the preparation time. Some people will experience slight burning discomfort when they urinate or blood in the urine for a day or two after the procedure. Your doctor will review the results with you immediately after the procedure. There is no preparation for this exam.