



WHAT TO EXPECT: URODYNAMICS & CYSTOSCOPY

AUTHORS TBD



What are Urodynamic Studies (UDS)?

- These are a set of interactive tests that assess bladder function. They need to be done with you alert and awake. The whole assessment takes about 10-15 minutes.

Why am I having UDS?

- Your healthcare provider may recommend UDS if you experience:
 - Urinary frequency and/or urgency
 - Leakage or trouble controlling urine
 - Difficulty emptying your bladder
 - Weak flow of urine
 - Frequent urinary tract infections
 - Considering pelvic surgery

What to expect during the testing

You may have some or all of the following tests

1

Uroflow (2-5 min): This test measures how you empty your bladder. You will start with a full bladder and urinate into a toilet attached to a computer which prints a report. Then we measure how empty your bladder is with an ultrasound or a catheter.

2

Cystometry (5-7 min): We measure how your bladder holds urine. A small catheter sensor is placed in your bladder and another in your vagina or rectum. Your bladder will be slowly filled with fluid as a computer measures the pressure in your bladder. You will be asked to strain or cough and report on how your bladder feels.

3

Pressure/Flow Study (2-5 min): After your bladder has been filled, you will be asked to empty into a special toilet with catheter sensors in place. We measure the pressure in your bladder as it empties.

4

Cystoscopy (2-5 min): Your doctor may want to make sure your bladder looks normal. A very small camera is inserted into your bladder. Lubricant and/or numbing gel is often used. Sometimes pictures or small biopsies are taken if needed.



Risks

- Discomfort during and after the tests (for up to 12 hours)
- Bladder infection (generally less than 10%)

After Care

- You may take ibuprofen and/or acetaminophen after your test
- You may notice a small amount of blood in your urine for up to 2 days after your tests
- You can return to your regular activities after testing
- Please contact your physician if you have:
 - Persistent or worsening pain
 - Persistent or heavy bleeding