



Preparation for Urodynamics

It is important to have a full bladder when you arrive for the studies; please be ready to urinate! If you catheterize yourself, you may do so prior to the study. There are no other special preparations or food restrictions for this test. If you wear padding, external catheter, etc., you may wish to bring extra supplies for replacement after the test. You can help to make the test easier by remaining relaxed. Each step of the evaluation will be explained to you throughout the test by the experienced nurse who performs the studies. Every effort will be made to make you as comfortable as possible during the procedure.

An Urodynamic Evaluation usually includes the following tests:

Cystometrogram/Electromyogram (CMG/EMG) – This test involves filling your bladder through a catheter with sterile water. The nurse will ask you when you feel the urge to urinate, and when your bladder feels completely full. Pelvis muscle activity may be recorded when your bladder is full and when you urinate.

Urethral Pressure Profile – Also called a UPP. This test provides your doctor with valuable information regarding the functioning of your urethra. A small catheter (usually the same one used for the CMG/EMG) will be slowly pulled out of the bladder. A small amount of water will be infused through the tip of the catheter, making you feel as if you are voiding. Pressure inside your urethra will be recorded as the catheter is pulled out. Remember to relax as completely as you can. Otherwise falsely elevated pressures may result.

Flow Rate – A flow rate is done simply by asking you to void into a special toilet which records the pattern of your urinary stream on a graph and the amount of urine that you void. The amount of urine left in your bladder after you void (residual urine) will also be measured at this time.

After Urodynamics

After urodynamic, you may experience some burning on urination or some increased frequency of urination for a short while. Drinking plenty of fluids afterwards will help to alleviate this. You may also have some blood in your urine for a short while, which will be minimal. To decrease the risk of urinary tract infection, you will be given an antibiotic to take after the procedure is complete.

You should notify your doctor if you experience fever, chills, severe bleeding or severe discomfort after the procedure. These symptoms rarely occur.



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Complications resulting from Urodynamics are very unusual. When they do occur the most common are urinary tract infection, bleeding and urinary retention (inability to urinate). Again, if you experience any of these symptoms call your doctor.