

***The Johns Hopkins Women's Center
for Pelvic Health***



**Information
about
Urodynamics**



What are “urodynamics”?

Multi-channel **Urodynamics** is a set of office tests that help determine the cause(s) of bladder function problems, including leakage.

**What happens during
“urodynamics”?**

You will be asked to sit on a special chair and the nurse or doctor will insert a small, flexible plastic catheter tube into the opening of your bladder. Most patients say this is a little uncomfortable, but it shouldn't hurt. A second catheter tube will be inserted into your vagina or rectum. These tubes are very sophisticated monitoring devices. Together with a computer monitor, they give the doctor much useful information about the function of your bladder and the muscles of your pelvis.

During the test, your bladder will be gradually filled with sterile fluid. As the

bladder fills, a special monitor will measure the pressure in your bladder. You may be asked to cough or bear down. If you have a bladder control problem, you may leak during the test. You should not be worried or embarrassed if this happens, since one purpose of the test is to determine the cause(s) of leakage problems.

As your bladder is filled, you will be asked to tell the doctor or nurse: (1) when your bladder feels full enough that you would stop your activities to urinate and (2) when you feel completely full. After your bladder is completely full, a series of measurements will be made. Finally, the doctor or nurse will ask you to urinate and make more measurements as you empty your bladder.

**What happens after
urodynamics?**

Make sure you have an appointment with your doctor to review the results of your test.

This test very rarely causes any complications or problems. Some women report slight bladder irritation or burning after the test. Fewer than 5% of women will develop a bladder infection. The burning feeling when you urinate usually lasts a few hours and goes away without any treatment. If the burning feeling continues, you may

have a bladder infection and your doctor can recommend a medication. Other complications are extremely uncommon.

Preparing for urodynamics

We do not recommend any special preparation for this test. However, please notify us if you think you might have a bladder infection on the day of your appointment, since your doctor will probably want to reschedule the test. Symptoms of a bladder infection might include burning or pain during urination and foul smelling or cloudy-colored urine.

Please arrive 20 minutes prior to your appointment. Do not empty your bladder, as we may need a urine specimen prior to the procedure.

Please speak to your doctor if you have any questions.

**How do I get an appointment
for urodynamics?**

If your doctor has recommended urodynamics, your information will be faxed to the Urology clinic. As soon as this information has been sent to the clinic, you can call to schedule your appointment. Please call (410) 550-7008 during normal business hours.

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**Information
about
Cystoscopy**



What is a cystoscopy?

Your doctor has scheduled you for a test called **Cystoscopy**. The name of the test means, "To look in the bladder." Cystoscopy is a test that is most often used to look inside the bladder to diagnose bladder problems or conditions.

**What happens during
cystoscopy?**

This test is performed in the doctor's office. You will be asked to lie down, as if you were having a pelvic exam. The doctor will use a long, slender camera to look into your bladder. A picture of your bladder will be shown on a video monitor or screen, so you will be able to see everything the doctor sees. During the test, the doctor will be filling your bladder with sterile fluid. As the doctor examines the bladder surfaces you will feel the camera inside your bladder. Most

patients say it is slightly uncomfortable, but it shouldn't hurt.

**What happens after
cystoscopy?**

This test very rarely causes any complications or problems. Some women report some bladder irritation or burning after the test. Fewer than 5% of women will develop a bladder infection. The burning feeling when you urinate usually lasts a few hours and goes away without any treatment. If the burning feeling continues, you may have a bladder infection and your doctor can recommend a medication. Other complications are extremely uncommon.

**What do I need to do before
the cystoscopy?**

We do not recommend any special preparation for this test. However, please notify us if you think you might have a bladder infection on the day of your appointment, since your doctor will probably want to reschedule the test. symptoms of a bladder infection might include burning or pain during urination and foul smelling or cloudy-colored urine.

Please arrive 20 minutes prior to your appointment. Do not empty your bladder, as we may need a urine specimen prior to the procedure.

Please speak to your doctor if you have any questions.

**How do I get an appointment
for cystoscopy?**

If your doctor has recommended a cystoscopy, your information will be faxed to the Urology clinic. As soon as this information has been sent to the clinic, you can call to schedule your appointment for cystoscopy. Please call (410) 550-7008 during normal business hours.



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