

PREPARING FOR YOUR URODYNAMIC TESTING

Your doctor has ordered a Urodynamics study for you. This test is designed to further evaluate your bladder symptoms. **Please follow the instructions in order to obtain the best results.** Our Nurse Practitioner will complete your testing.

1. Your bladder should be comfortably full when you reach the office. This may require that you do not empty your bladder for 1 to 4 hours prior to your scheduled appointment time. Do not give a specimen upon your arrival to the office.
2. **Please fill out and bring with you the attached bladder diary.** It is beneficial to use your bladder diary for at least 1 to 2 days prior to your appointment. If you empty your bladder by intermittent catheterization (CIC), please mark the time and amount emptied. *You will need a measuring device which can be purchased at any drug store or discount store.*
3. **1 week before your test**, please hold the following medications:

Toviaz/fesoterodine	tolterodine/Detrol/Detrol LA
Myrbetriq/mirabegron	Vesicare/solifenacin
Enablex/darifenacin	Sanctura/trospium
Oxybutynin/Ditropan/Ditropan XL/oxytrol patch	
4. **3 days before your test**, please hold the following medications:

doxazosin/Cardura	terazosin/Hytrin
alfuzosin/Uroxatral	tamsulosin/Flomax
silodosin/Rapaflo	

DO NOT STOP ANY ANTIBIOTICS YOU ARE TAKING!

5. Please contact our office if you have any questions.

***For those with mobility concerns:** In order to perform this test, you will need to position yourself onto an examining table. **NOTE:** The examining table can be easily raised and lowered if that is of assistance to you. If you need someone/something to transfer or to lift you, please bring them/it with you for this test.

*****Please Note:** If instructions are not followed, your test may need to be rescheduled.

Appointment Date: _____ **Appointment Time:** _____

Bladder Diary

You have been instructed to keep a bladder diary for the next 1 to 2 days depending upon your doctor or nurses advise. The following is a guide on how to use the bladder diary and how to measure your urine.

How to measure and record your urine output:

1. Record the **TIME** of day of all episodes of urination, leakage, and symptoms.
2. Always measure your urine with a measuring device marked in either milliliters (ml) or ounces (oz) and record the amount you urinated in the column labeled **OUTPUT**.
3. If you experience urinary leakage, describe the **ACTIVITY** you were performing at that time. This includes even minimal activities such as sitting, standing, or lying down.
4. How strong was the **URGE** to urinate prior to any leakage or attempt to empty your bladder?
 - 0 = no urge
 - 1 = minimal urge
 - 2 = moderate urge
 - 3 = strong urge
 - 4 = uncontrollable urge
5. Estimate the amount of **LEAKAGE**:
 - 1 = damp or only a few drops
 - 2 = wet pad or underwear
 - 3 = soaked or fully emptied bladder
6. Please record any additional **SYMPTOMS** you may have such as pain.
7. Record the amount and type of fluids you drink in the column labeled **INTAKE**.
8. If you have any questions, please call your doctor or nurse.

