

DESCRIPTION OF THE URODYNAMIC EVALUATION

Urodynamics is an in-depth evaluation of the structure (anatomy) and function of lower urinary tract (bladder and bladder outlet channel or urethra). These studies are important in diagnosing problems of loss of urinary control or urinary retention (inability to pass urine) or frequency of urination and other urinary problems.

The urodynamic evaluation is different in every patient and for each diagnosis. As many as 10-15 different tests could be involved with a complete urodynamic evaluation, but in most cases fewer tests are needed to make a diagnosis. The tests may evaluate the physical structure of the bladder, using X-rays and telescopes, and evaluate the nerves and muscles that control the function of the bladder. A complete evaluation may take up to 2 hours or take multiple sessions. Ask if you have questions.

Urinalysis (UA): Urinalysis is the microscopic analysis of urine. The urine is collected and then placed in a centrifuge. The sediment at the bottom of the test tube is examined under a microscope. Infection and bleeding are evaluated with urinalysis. Chemical tests using a special 'dipstick' also checks the urine for blood, protein, sugar and acidity.

Urine Culture and Sensitivities (C&S): Urine culture and sensitivities are tests of urine to determine if infection is present. Minute amounts of **fresh** urine are placed on special gels and then placed in an incubator. Evaluation of the growth (if any) is then done at 24 and 48 hours. If bacteria are found, then special disks which contain individual antibiotics are placed on the growing bacteria. This allows to see which antibiotics are effective in treating infections. Disk 'sensitivities' are not done if no bacteria is found.

Cystoscopy: Cystoscopy is a procedure that is used to visually inspect the bladder and the urethra (tube leading out of the bladder). This can be done in most instances without discomfort by the use of a local anesthetic jelly (not a shot)!! You will be placed on a special table with your legs in special stirrups or in other instances the legs will be placed flat on the table (depends on the type of telescope that is used). The urinary channel (urethra) will be cleansed and the local anesthetic jelly placed into the urinary channel for a short time. The cystoscope or telescope is passed into the bladder and the inspection is carried out. Afterwards you might expect a little discomfort with voiding and perhaps a spot of blood for a day or so. A warm bath helps to relieve this irritation and will wash off the soap we've used to prep the area. You may receive some antibiotics for a few days afterwards. Ask if you have questions - it is not as bad as you think - honest!