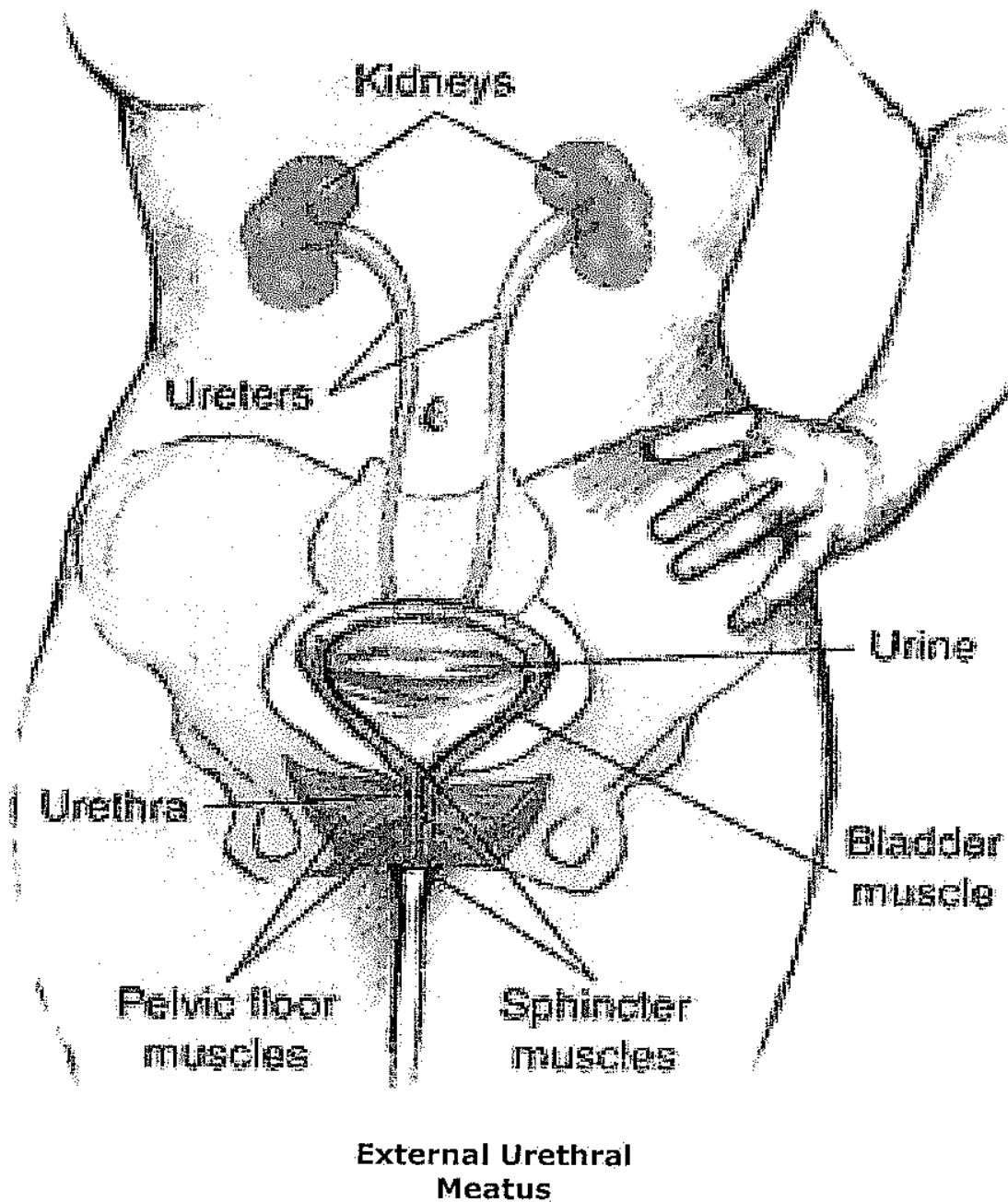


## Urogynecology Urodynamics/Cystoscopy

### The Urinary System



## Urodynamic Testing: What do I need to know?

- **PLEASE COME WITH A FULL BLADDER!!!** We would prefer not to have to insert another catheter to fill your bladder. This will lengthen the procedure and cause you more discomfort.
  - Your bladder should be comfortably full in case we are running a little bit behind.
  - If absolutely necessary, please use the restroom only if you feel that you can stop your bladder from emptying more than a little bit.
- Please keep in mind that we may have to reschedule you if you are more than 10 minutes late. We understand that sometimes this is not preventable and will try to accommodate you, but we are very tightly scheduled.
- **PLEASE EAT BEFORE TESTING!!!** This may keep you from feeling sick during the procedure.
- If you must medicate prior to dental work (You have been diagnosed with a heart murmur or heart valve problems, have had a stent placed, or have had a joint replacement.), please let us know prior to the day of the procedure.
  - You will need to take antibiotics on the day of the procedure prior to your arrival. (This is only if you have one of the above conditions.)
  - If this is not done, it will delay the start of your procedure, or you might have to reschedule your procedure.
- There is no sedation used, so you will be able to drive yourself home. You will be able to resume normal activity immediately following the procedure.
- In order to minimize the risk of infection, please make sure you shower the night before or morning of the procedure, and please wear freshly laundered clothing.
- We want you to feel comfortable and well-informed. If you have any questions regarding the procedure, please call us at (540) 368-9472. Please allow 24-48 hours for a response.
- Feel free to ask your tester any other questions.
- Although it is very rare to develop a urinary tract infection from the testing, if you develop symptoms of a urinary tract infection (burning during urination, increased urinary frequency, increased urinary urgency, urinary incontinence), please call us during normal business hours at (540) 368-9472, so that we can have a urine culture done.
  - Please keep in mind it may be normal to experience some discomfort during urination for 2-3 days after the procedure.

## Urodynamic Testing

This test allows us to see how your bladder and urethra react while the bladder fills and empties. This is important for us to know before performing any surgery related to urinary incontinence and/or prolapse. By fixing one problem, you may develop other problems. We would like to anticipate this so that we can fix all of your problems with one surgery. If surgery is not your best option, this test tells us whether or not medication or pelvic floor physical therapy would be beneficial.

First, you will be asked to undress from the waist down, to sit in a special chair, and to urinate into a special basin. This basin has sensors that monitor the rate and flow of your urine. Once you are finished, we will pass a catheter through the urethra into the bladder to see how much urine is left over (your PVR - post-void residual).

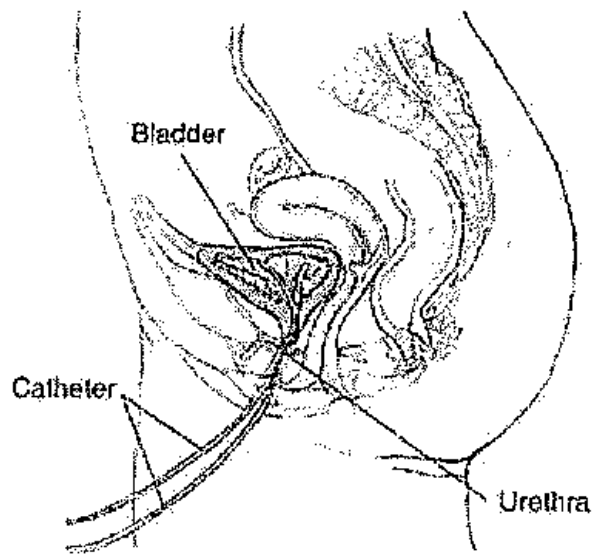
After that catheter has been removed, smaller catheters will be placed for the remainder of the procedure. These catheters have sensors that allow us to gather information about how your bladder and urethra behave during filling and emptying of your bladder. One catheter will be placed into the bladder, and the other will be placed into the vagina or rectum, depending on your body structure. Three small leads (sticky pads) will be placed on your skin, one on the inner thigh and two near the anus, to monitor your muscle function.

Once all of the catheters are in place, we will start to fill your bladder with sterile water. Your urethra will be monitored for any unintentional urine leakage throughout the test. During the testing we will periodically stop and ask you to cough or bear down, to check for leakage. This will be done in order to determine whether or not exerting pressure on the bladder from the abdomen will cause leakage of urine (stress incontinence).

You will be asked to note three sensations during testing. The first sensation you will be asked about is your first urge to void. This is the first sensation that your bladder is starting to fill. This may not be the point at which you would go to the restroom but rather the first sensation that you might be able to urinate.

The second sensation you will be asked about is your strong urge to void. This is the point at which you would actually get up to use the restroom. This is not the point at which you would use the restroom as a precaution but rather the point at which you feel that you can no longer comfortably hold on to your urine.

The last sensation you will be asked about is your maximum capacity. This is the point at which you feel that you cannot hold on to any more urine. At this point we will stop filling the bladder.



Next, we will do one more, very short test. The catheter that is inserted into the bladder has two sensors on it. There is one that stays in the bladder and another in the urethra. We will slide the sensor in the urethra from the bladder to the outside opening (external urethral meatus). The catheter will not be completely removed, and this usually will not be uncomfortable. This will be done three times. The catheter will then be repositioned, and you will be asked to urinate with the catheters in place.

Once you have voided, all catheters will be removed. We will pass one more catheter to check your PVR once again. This is the end of the test. The procedure will take 45-60 minutes.

If you are having your cystoscopy done the same day, we will numb you for the procedure, and you will get dressed and proceed to the cystoscopy room. You should already have an appointment set up to discuss the results. If not, be sure to make an appointment to discuss your results and treatment options.

After the procedure, you may experience some burning with urination due to the irritation of the urethra. This should only last 24-48 hours after the procedure. If it lasts longer than that, you may notify the office at (540) 368-9472 during normal business hours.

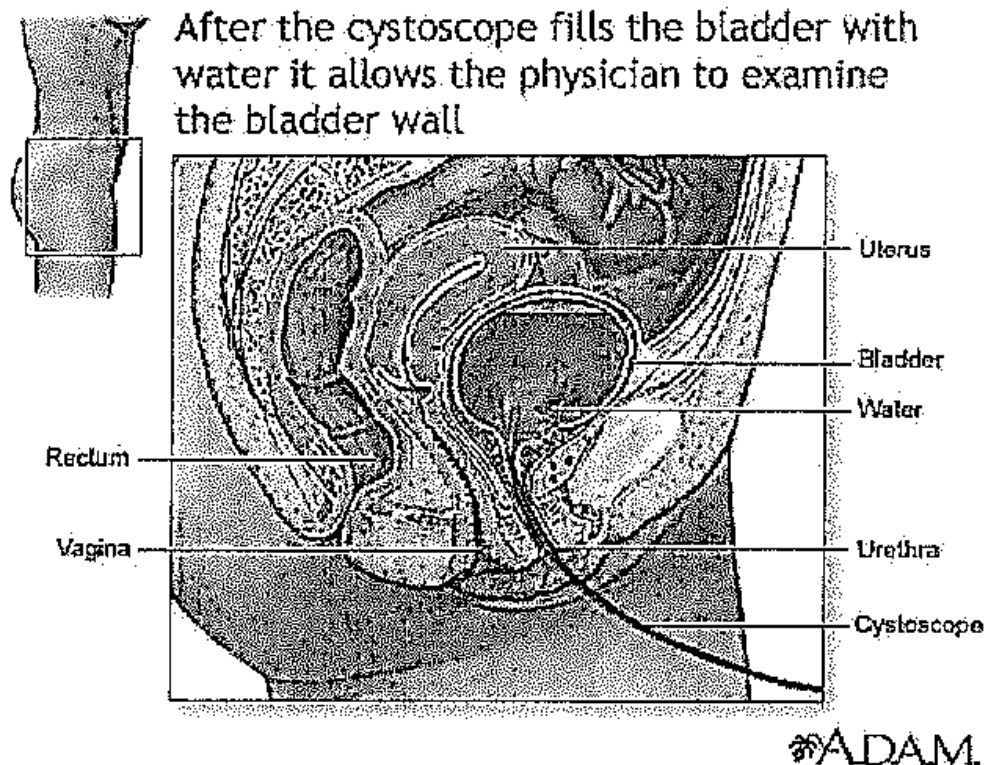
## Cystoscopy

This test allows us to take a look inside your bladder. We will be able to evaluate the bladder lining, as well as look for any structural abnormalities. After cleansing the urethral opening, a clear, numbing gel will be placed inside the urethra. This may cause a temporary, slight burning sensation.

After allowing time for the medicine to take effect, a small scope will be placed in the urethra and advanced into the bladder. The scope has a light and a camera, so you will be able to watch during the procedure.

Once the scope is in place, the bladder will be filled with water. The bladder resembles a balloon. When it is deflated, it is difficult to visualize the entire bladder. When fully expanded, the inside of the bladder can be fully visualized by the physician. During this time, you may feel as though you need to urinate. This is a normal response to the stretching of the bladder. When the physician has finished and the scope has been removed, you will be able to use the restroom. The procedure should take 5-10 minutes.

After the procedure, you may experience some burning with urination due to the irritation of the urethra. This should only last 24-48 hours after the procedure. If it lasts longer than that, you may notify the office at (540) 368-9472 during normal business hours.



## Patient Safety

Women's Health & Surgery Center of Advantia takes pride in ensuring patient safety throughout our testing procedures. During the urodynamic and cystoscopy testing, the operator must utilize several areas to allow for patient preparation, testing, and charting. In order to obtain appropriate results, the operator must touch several items in the room. These areas may include tables, computer, lamp, chair, etc. All of the equipment is fully sanitized following each test to ensure a clean environment for the next patient. After the testing is complete, the operator disposes of reusable catheters, tubing, and water.

Our practice wants to help patients feel comfortable during their testing requirements. **Patient safety is our number one priority** and we want you to be aware of our practices to ensure this. Please feel free to ask the operator or physician questions throughout your procedure. We want to make the testing as stress free as possible for you!