



Blue Ridge Urogynecology

Urodynamics Patient Information Sheet

Your doctor has ordered Multichannel Urodynamics Studies, some times referred to as “UDS” or “Urodynamics,” to better understand your bladder function.

Urodynamics can tell your doctor many things about your bladder, including:

- what causes you to leak urine
- if your bladder leaks at various pressures and volumes
- pressures generated by your bladder
- how your bladder muscle works when you urinate
- how consistent is your flow of urine
- pressures generated by the urethral sphincter that helps to control your urine
- how completely your bladder empties

Most patients do not report significant discomfort during urodynamics – your comfort and dignity are our biggest priority. The entire test should take between 20 and 30 minutes. ***There is no special preparation (except for coming to the office with a full bladder) for urodynamics, nor is there anything special that you need to do after the testing is over.***

Please arrive with a full bladder. The first part of urodynamics is measuring the flow of your urine, and this is best done if you urinate as much as possible. After you urinate, the medical assistant or doctor will use a small catheter to measure the amount of urine left in your bladder. You will then have two small catheters placed: one in the bladder and one in the vagina. Small amounts of water will then flow into your bladder through the catheter, and as your bladder fills, you will be asked to report what you feel and to cough or bear down at various intervals. Any episodes of leakage will be recorded. Once your bladder is full, the flow of water will stop and you will be asked to urinate again.