

What to Expect After the Test

Drink 4-6 glasses of water over the next 12 waking hours

Avoid caffeine and alcohol for 24 hours after your test

You may experience:

- Slight burning in urethra
- Blood tinged urine

These should go away within 24 to 48 hours.

Seek medical attention, if you experience any of the following:

- Urine becomes increasingly bloody
- You pass many large blood clots
- You develop chills and/or fever of a temperature higher than 38°C or 101°F
- Increasing episodes of AD
- You suspect a UTI

Cancellation Policy

Please call and cancel your appointment 24–48 hours prior to your test during clinic hours only.

A cancellation fee may apply, check with the clinic.

For any additional questions regarding your upcoming appointment, call the clinic where it is booked to take place.

Bladder Function Test (Urodynamics) for Neurogenic Bladder

For more copies, go online at <http://vch.eduhealth.ca> or email pchem@vch.ca and quote Catalogue No. **FP.114.Ne8**
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The lower urinary tract includes the bladder, urethra, and sphincter muscle. The urodynamic test is done by the nurse to study the lower urinary tract to measure the pressure of the bladder muscle as it fills, stores, and empties.

This may take one to two hours.

Please arrive on time. If you are 15 minutes late, the nurse may have to cancel and reschedule your test due to lack of time.

Getting Ready for the Test

You do not need to arrive with a full bladder if you use one of the following:

- Indwelling Foley catheter
- Suprapubic Catheter
- Self-Catheterize
- External Condom Catheter

If you do not use any of the above then please arrive with a full bladder and drink at least 2-3 cups of fluid 30–60 minutes prior to your test.

Upon arrival to the clinic, please do not empty your bladder until directed to do so by the nurse.

You may eat and drink as usual prior to the study.

This test does not require sedation and you will be able to resume activities as usual.

Contact the clinic if you are expecting your menstrual cycle, planning a pregnancy, or are currently pregnant.

It is preferable if you empty your bowels on the day of test as a small catheter is inserted into the rectum.

If English is your second language, an interpreter may be booked by our clinic upon request.

If you require assistance with dressing and transferring, please bring a care giver/family member/friend to assist you during your appointment.

Please bring your own indwelling catheter or external condom catheter to be changed after the test is completed.

If you have had a heart valve replacement or, recent joint replacement, contact your physician if you need antibiotics prior to the test.

WHAT TO DO IF YOU SUSPECT YOU HAVE A URINARY TRACT INFECTION (UTI) ON THE DAY OF TEST?

Call the clinic and ask to speak to the Nurse.

What to Expect During the Test

Phase 1:

If you arrived with a full bladder, you will be asked to empty it into a special container.

If you were unable to completely empty your bladder, the nurse may drain the remaining urine out with a catheter.

If you use an indwelling catheter or, external condom catheter, this will be removed prior to the test.

Phase 2:

A small catheter will be inserted into your bladder and a second small catheter will be inserted 2-3 inches into the rectum and connected to the computer to measure pressure.

If you are at risk for Autonomic Dysreflexia (AD) (spinal cord injury T6 or, above), your blood pressure may be monitored throughout the test.

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