



Urodynamic Testing

If you have problems with urine leakage or blocked urine flow your doctor may be able to help. One of the tools Dr. Salinas and Dr. McDonald will use to evaluate your symptoms will be urodynamic testing. This is specialized bladder function testing performed at the South Location only (St. Anthony's office).

Urodynamic studies provide extremely valuable diagnostic data for any of the following:

- Urge incontinence – the “gotta go, gotta go” commercial
- Stress Incontinence- the leak with laugh, cough, sneeze, or exercise
- Urinary retention – inability to start a good stream or empty completely
 - Frequent urination
 - Nocturia - waking up frequently at night to urinate

Several muscles, organs, and nerves are involved in collecting, storing, and releasing urine. The kidneys form urine by filtering wastes and extra water from the bloodstream. The ureters are tubes that carry urine from the kidneys to the bladder. Normally, urine only flows in one direction. The bladder stores urine until you are ready to empty it. A healthy bladder can hold up to 16 ounces (2 cups) of urine comfortably. Nerves in the bladder tell you when it is time to empty. A complex set of events allow coordination between the brain and the bladder to promote normal urination.

Problems with the urinary system can be caused by aging, illness, or injury. The muscles in and around your bladder and urethra tend to become weaker with age. In order to best evaluate your treatment plan, it will be necessary to evaluate the anatomy and the nerves that run the system.

Urodynamic testing focuses on the bladder's ability to empty steadily and completely. It can show whether the bladder is having abnormal contractions that can cause leakage. Problems with anatomy (i.e. Bladder falling) also contribute to abnormal urination. All of these areas will be examined during your test.

During your urodynamic testing – a small catheter may be used to fill the bladder. There will also be a small flexible catheter placed in the vagina to measure pressure. You will be given a series of instructions and your voiding will be monitored during the test. A specialized computer program will help to interpret your test results. While initial impressions will be gathered at the time of your exam, your doctor will need time to interpret more specialized results and will contact you after your results have been analyzed.

