

לקראת בדיקה אורודינאמית מידע למטופל

Preparing for Urodynamic Testing

Dear Patient,

You have been invited to undergo urodynamic testing of the urinary tracts.

In order to arrive for the test prepared and relaxed, we recommend that you read this sheet carefully.

What causes urinary incontinence?

The reasons for this may be caused by diseases that affect the nervous system at an advanced age, following traumatic childbirth, trauma following an accident and more.

Common complaints of those with urinary incontinence:

- ✓ Urgency – an almost uncontrollable need to urinate
- ✓ Urinary frequency – over seven times a day or more than twice at night
- ✓ Difficulty voiding – a weak, slow and interrupted flow; incomplete voiding
- ✓ Uncontrolled leaking of urine when laughing or coughing
- ✓ Recurrent inflammation in the urinary tract
- ✓ Impaired ability to perform sexual intercourse

What is urodynamic testing?

Urodynamic testing evaluates the functioning of the lower urinary system (the urinary bladder and the urethra) in terms of pressures, volumes and flow. The test is necessary in order to accurately diagnose the nature and type of the problem causing urinary incontinence (uncontrollable urination), in order to tailor a treatment that reduces the restrictions imposed on activity and the reduction in quality of life.

Urodynamic testing is part of a complete medical examination.

Instructions for the test:

- ✓ There is no need for fasting
- ✓ There is no obligation to bring someone to accompany you
- ✓ You must bring a financial commitment authorization form from the HMO
- ✓ Results for a recent urine culture test - performed up to two weeks prior to the test
- ✓ Treatment with anticholinergic medications (SPASMEX, TOVIAZ, DETRAUSITOL, VESICARE, NOVITROPAN) should be discontinued about one week before the test. You should consult your attending physician regarding this matter.
- ✓ The test cannot be performed in the presence of an active urinary tract infection, bleeding in the urinary tract and/or pregnancy (it is recommended to avoid testing during menstrual bleeding)
- ✓ If you have a catheter in your urinary bladder and the urine culture has identified bacterial growth, contact your attending physician in order to receive antibiotics several days prior to the test.
- ✓ Upon your arrival at the clinic on the day of the test, submit the financial commitment obligation form to the clinic secretariate.
- ✓ The secretary will instruct you to refer to the nurse for an explanation and instructions regarding the test
- ✓ Before the test, you will receive a complete explanation from the doctor and you will be asked to sign a consent form for the performance of the test

The course of the test:

In order to check the pressures in the urinary bladder, a catheter is inserted into the bladder in order to fill it and to measure the pressure inside using the sensors on the catheter. An additional narrow catheter is inserted into the rectum to measure intra-abdominal pressure.

Before the test, we ask that you empty your bladder in the restroom.

During the test, performed with you in a seated or lying position, the urinary bladder is filled with sterile liquid. While your bladder is being filled, you will be asked to note your sensations, until you can no longer hold it in and the need to urinate appears.

In parallel, we check if there is any leakage of urine.

At this stage, you will be asked to empty your bladder into a container that measures the flow of urine while monitoring the pressures in both catheters.

At the end of the test, the catheters will be removed.

The test takes about 30-40 minutes.

The side effects that may be associated with the test:

- ✓ A burning sensation in the urinary tract: this usually resolves with copious fluid intake
- ✓ Bleeding from the urinary tract: rare; usually resolves with copious fluid intake
- ✓ Urinary tract infection: if the burning sensation continues for more than two days, refer to a physician for follow up and treatment

After the test:

- ✓ You will receive a summary and a chart of the test results
- ✓ You must return to the referring physician with the results, for continued follow up and treatment
- ✓ Upon completion of the test, you will be discharged home and you can resume your regular daily routine

We will be happy to answer any questions over the phone

Wishing you full health

The Shaare Zedek Urology Institute staff

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