

Kevin J. Stepp, M.D.
Phone: 216-778-5890



MetroHealth Medical Center
DIVISION OF UROGYNECOLOGY &
RECONSTRUCTIVE PELVIC SURGERY
MINIMALLY INVASIVE SURGERY

PATIENT INSTRUCTIONS FOR URODYNAMIC TESTING

You have been scheduled for Urodynamic Testing on _____ at the following location:

_____ MetroHealth Medical Central
Main Campus
Women and Children's Pavillion/2nd Floor/Gyn Wing
2500 MetroHealth Drive
Cleveland, Ohio

_____ MetroHealth Outpatient Surgery Center
MetroHealth Medical & Surgical Specialists
2nd Floor/Suite 202
4330 West 150th Street
Cleveland, Ohio

**A follow up appointment has been made for you on _____ with Dr _____.

PLEASE DO NOT USE ANY LOTION ON YOUR LEGS.

If you are unable to keep your appointment or have signs of a bladder infection, please call the office at (216)778-5890 during the hours of 8:00 a.m. to 4:15 p.m. Monday through Friday as soon as possible.

Read the following directions carefully. In order to get the best test of your bladder possible, there are a few steps that must be taken by **you**.

1. Complete your voiding record. Bring it with you to your scheduled appointment.
2. Arrive 15 minutes before your scheduled time (**with a full bladder**) to allow for registration. If you are more than 15 minutes late, your test may be canceled and rescheduled.
3. Be sure to eat your normal meal before arriving for the test. Take all your medications as prescribed.

PATIENT INFORMATION FOR URODYNAMIC TESTING

Now to answer a few questions about what exactly this test is that your doctor has scheduled for you and what it will tell us about your bladder.

What is a Urodynamics test?

Urodynamic testing is a bladder function test. It tells us how much your bladder holds. At what levels of fullness YOU feel it. At what pressure your bladder stores urine and how well your bladder empties itself. It also helps us diagnose problems with urinary incontinence, leakage or retention (inability to empty the bladder at all).

How much discomfort is involved?

This procedure does involve some minor discomfort. This discomfort usually occurs during the placement of the catheters. A very small catheter will be placed into your urethra (the tube that leads from the bladder to the outside wall). Once the catheter is placed and taped down, you should feel very little or no discomfort at all. A small rectal catheter is placed (which feels like a suppository). Once inserted, very few patients can even tell it is there. Lastly, three patches are placed on the skin of the buttocks and leg to measure nerve impulses from your bladder/urethra area.

How long does the test take?

This test should take about an hour from the time that you arrive in the exam room. Sometimes a little more time is needed for those who have a larger bladder, or if a patient is in a wheelchair and needs more help to get ready.

If I have an allergy to latex rubber, can I still have the test?

Yes, the test can still be performed on patients with latex allergies. Just inform the nurse before the test begins, and special non-latex gloves, catheters, etc. can be used.

What if I have my period?

The test can still be performed if you are on or started your period.

