



Centre hospitalier
universitaire
de Sherbrooke

Avec vous, pour la Vie

URODYNAMIC ASSESSMENT

A urodynamic assessment will allow your physician to evaluate how your bladder and sphincter function, and understand your problem with storage or emptying of urine.

WHO SHOULD BE TESTED?

Persons:

- Suffering from urinary incontinence, interstitial cystitis, urinary infection, benign hypertrophy of the prostate, or other disorders of the urinary system.
- Receiving intravesical treatment (BCG or other).
- Who have difficulty urinating or whose bladder does not empty completely.

WHAT SHOULD YOU DO BEFORE THE TEST?

- No preparation is required in the days prior to the test.
- You do not need to change or stop taking your medication.
- You can have breakfast or lunch before the test.
- This test carries little risk and is not painful.
- It is normal to feel some apprehension before the test. This uneasiness should lessen during the test.

DAY OF THE TEST

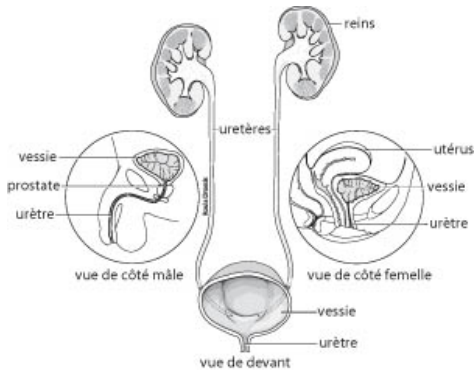
- **Drink two glasses of water one hour** prior to the test and **do not urinate** before you have the test.
- **If you wear a urinary catheter**, you need to **clamp it one hour before the test** to stop the flow of urine.
- **You must have a full bladder** when you arrive for your first test.
- Wear a two-piece outfit because you'll need to remove the clothing from your lower body.
- Go to the **letter G** reception desk at the outpatient clinics at the CHUS – **Fleurimont Hospital** (3001, 12th Avenue N., Sherbrooke) to indicate your arrival.

You will then be asked to go to the letter H waiting room where you will be greeted by the urodynamic room staff.

- Bring the most up-to-date list of medications you take.
- **Notify the urodynamic room staff** if you recently had a urinary infection, whether it was treated or untreated, or if you believe you currently have one.
- The test takes about 60 minutes.

DURING THE TEST

The tests described below will help your physician better understand how your bladder functions.



1. **Uroflowmetry: You must arrive with a full bladder** because we will ask you to urinate into a special toilet linked to a computer that will measure the force and regularity of the flow.
2. **Cystometry** consists of introducing a narrow catheter through the urethra to fill the bladder with sterile water, making it possible to observe how your bladder reacts when you cough or exert effort.
3. **Sphincter electromyography (EMG)** measures the coordinated action of several muscles and records sphincter muscle activity during filling and emptying of the bladder.
4. The **urethral profile** measures the pressure variations along the entire length of the urethra.

AFTER THE TEST

- Drink lots of water to reduce the irritation caused by the catheter in the bladder.
- The urologist or your family physician will provide the results during a medical appointment.

ONCE YOU'RE HOME

- If you experience **severe abdominal pain**;
- If you have a **fever (more than 38.5°C)**, with or without chills;
- Or in the event of **major bleeding** or persistent **burning when urinating**;



Contact your family physician and immediately tell him or her that you had a urodynamic assessment.



If you cannot reach your physician, call **Info-Santé 811**.



Or go to the emergency department of the hospital nearest you.

Source

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Review

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- DCAP

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REMINDER

Date of your test: _____

Should you need to cancel your test, please notify the administrative officer at 819-564-5210 or 1-866-638-2601.

CHUS – Fleurimont Hospital

Urodynamic Room

Room 26H4, Letter G, Outpatient Clinics
3001 - 12th Avenue N., 2nd floor
Sherbrooke, Quebec J1H 5N4