

# URODYNAMICS

## WHAT IS URODYNAMICS AND WHY IS IT IMPORTANT?

**Urodynamics Studies (UDS)** are tests to evaluate the function of your bladder and urethra, the tube through which urine passes from your bladder. These tests assist in the determination of the diagnosis of different types of incontinence, voiding and pelvic floor problems. UDS are performed to understand the problems that you are having with bladder control or emptying.

At the Advanced Center for Pelvic Medicine and Reconstructive Surgery, we usually perform the Multi-Channel Urodynamics **UDS**. The tests are all performed at one time and in one office visit. They may seem like one test even though the doctor is measuring many different things. The appointment takes about one hour, sometimes a little longer. If you usually drive yourself to your appointments, you will be able to do so for these tests.

## BEFORE THE APPOINTMENT

You may eat or drink anything you want before the **UDS**. You may continue your medications and activities as normal, unless given other instructions by your doctor.

## HOW ARE THE URODYNAMICS STUDIES (UDS) PERFORMED?

When you arrive in the office, you will be asked to give a urine sample prior to the tests, to make sure that there is no infection present in the urinary tract. (If there is an infection present, the **UDS** will need to be rescheduled and the infections treated first.) You will be asked to undress completely from the waist down and change in to a patient gown. You will then be placed in the urodynamics procedure chair and a drape is placed across your lap. The nurse assisting the doctor will place the catheters in the bladder and vagina or rectum. With **UDS**, two catheters are placed: one into the bladder and the other into the vagina or rectum. These catheters measure the pressures inside the bladder, the urethra and the body.

There are also small EMG (electromyography) pads attached to your bottom (the area around the upper thigh and around the vagina and anus) to measure the pelvic floor muscle activity. These pads resemble EKG pads used in measuring heart function. You will then be put in a sitting position and the nurse will begin filling the bladder through the catheters with water.

The doctor will then enter the room and ask you a series of questions as the bladder is being filled further. You will be asked to tell the doctor about various sensations you have while the doctor is filling the bladder. You may be asked to bear down and cough and tell the doctor when an urge to urinate is felt or when you feel full. During the testing phase, the nurse assists the doctor by looking for bladder leakage using a flashlight. It is our hope that we make you feel as comfortable as possible, especially during this portion of the testing, which makes some patients feel embarrassed.

**ADVANCED CENTER FOR PELVIC MEDICINE AND RECONSTRUCTIVE SURGERY**

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The information we gather during the *UDS* is vital for the doctor to develop an individualized treatment plan.

Once the doctor finishes his/her portion of the testing, his/her assistant will remove all catheters and EMG pads. You will be left in the room to dress.

### **AFTER THE APPOINTMENT**

You may have a little discomfort after the test. This should only last a few hours. A warm tub bath can help ease discomfort. Drinking an adequate amount of fluid (usually 6-8 glasses of water) is important within 24 hours after the test. This will help to prevent a urinary tract infection. An antibiotic medication may be given before or after the test if your doctor feels it is necessary.

### **WHAT HAPPENS NEXT?**

After you leave the office, the results of the test will be printed and reviewed in detail by the doctor. When you return to the office for the next visit, the doctor will review the results of the testing with you and at that time he will offer you the appropriate treatment options.

### **HOW IS THE URODYNAMICS TESTING BILLED?**

The urodynamics testing is usually billed as five or six separate codes depending upon what tests the doctor performs in your case. The doctor performs five or six separate tests but to you, the patient, they may seem like one test as they are all done in sequence while the catheters and EMG pads are in place. They are categorized in the American Medical Systems coding book, the national standard, as surgical procedures but they do not need to be performed in an operating room in a hospital or outpatient surgery center. For that reason, your bill from your insurance company may show that you had surgery that day. Many insurance companies realize the confusion this has caused patients in the past and are beginning to accurately categorize the urodynamics tests as office procedures. Should you have any questions about the billing, please call our billing office at (949) 436-0014.

If you have any questions about any information in this handout or any other questions please do not hesitate to call our office for further information.

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