



**URODYNAMICS**  
**Instructions for in-Office Bladder Testing**

Your doctor has ordered a test in the office to better evaluate the functioning of your bladder. Most bladder testing takes approximately 30 minutes to complete and does not require any special preparation. Some important instructions for you to follow before you arrive for your test:

1. Arrive to the office with your bladder **comfortably full**. Do not urinate just prior to your appointment. The test may be inaccurate if your bladder is not comfortably full when the test begins. We realize this is very difficult for some patients but please do the best you can to arrive comfortably full.
2. The front staff is aware that you are required to arrive with your bladder comfortably full and it is our intent to escort you to the testing room soon after your arrival. Occasionally delays occur. We do not want you to be uncomfortable so if the need to urinate is too strong please feel free to ask to use the restroom. We will then need you to wait until you are once again comfortably full.
3. If asked to do so and not completed, please complete the 24-hour urinary diary prior to your scheduled appointment so your doctor can include the findings when discussing your test results.
4. In most cases, a diagnosis or plan of care can be made at the conclusion of the testing. Occasionally, the findings are unclear and will require further testing to clarify and will be discussed at this appointment.
5. You should not experience pain at the conclusion of the procedure. Occasionally, women will experience slight burning or pelvic cramping after testing, but this should be very mild and resolve within 24 hours. If burning or discomfort with urination persists after 24 hours, please notify the office at 484-3000.

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_