

Urodynamics Testing

How to prepare and what to expect

This handout explains how urodynamics testing is done and how to prepare for it. It also gives information your insurance company will need.

What is urodynamics testing?

Urodynamics testing is an exam of your bladder and urinary system. This exam will help your doctor diagnose and treat your urinary problems.

Why do I need urodynamics testing?

In urodynamics testing, we will examine your urinary tract, including your bladder and urethra. If you are having urinary problems, your doctor may need you to have this test done to help us treat your urinary problems.

Some types of urinary problems are:

- *Incontinence* (not able to control urination)
- *Retention* (not able to completely empty bladder of urine)
- Getting bladder infections often
- Needing to urinate often

How is the test done?

- First, a nurse will insert a small *catheter* (a tube about the size of a spaghetti noodle) into your bladder and another catheter into your rectum. This may cause some discomfort. Most patients tolerate this without difficulty.
- We will then fill your bladder with either water or a *contrast solution* through the bladder catheter. The catheters will give us pressure readings to help us see how your bladder is working.



Talk with your healthcare provider if you have any questions about urodynamics testing after reading this handout.

- If contrast is used, we will take X-ray pictures of your bladder as it fills up.
- At the end of the test, we will ask you to empty your bladder.

How do I prepare for this test?

- Make sure the appointment is at a time that works for you. **It is very important that you arrive on time for the test.** If you arrive late, we may need to reschedule your test for another day.
- If you take any medicines for your bladder, you will need to stop taking these 5 days before your urodynamics test. Some of these medicines are:
 - Detrol (tolterodine)
 - Dibenzyline
 - Ditropan (oxybutynin)
 - Enablex (darifenacin hydrobromide)
 - Flomax (tamsulosin)
 - Imipramine (tofranil)
 - Levid
 - Levsinex (hyoscyamine)
 - Minipress (prazosin)
 - Myrbetriq
 - Oxytrol Patch
 - Sanctura (trospium chloride)
 - Toviaz
 - Vesicare (solifenacin succinate)
- You do not need to stop taking antibiotics and your other medicines.
- Call the clinic if you:
 - Have mobility problems or other special needs that will affect the day of your test.
 - May have a bladder or kidney infection. We may need to postpone your test.

Important

You may need antibiotics before this test if you:

- Have ever had a heart valve problem or a heart valve replacement
- Have ever had rheumatic fever
- Take antibiotics before you have dental work done

Please talk with your primary care provider about this.

On the Day of Your Test

- You may eat and drink normally.
- Stop drinking fluids 1 hour before your appointment.
- Please come to your appointment with a comfortably full bladder.
 - If your bladder feels too full, please tell someone at the front desk.
 - You do not need to have a full bladder if you have a catheter.
- You may do your usual activities before this test. You can also drive yourself to the appointment and home again.
- If you were asked to keep a voiding diary, please bring it with you.
- Plan on being at this appointment for about 1 hour.

Does insurance pay for this test?

Please note: If your primary insurance is Medicare, you do not need to contact your insurance company.

This exam is very costly. It is your responsibility to check with your insurance company to see if you need preauthorization for this test.

When calling your insurance company, be sure to tell them that this test will be an **outpatient procedure**.

Your insurance provider may ask for the codes, called CPT codes, that describe this test. These are the codes for urodynamics testing:

- 51726 Complex CMG (cystometrogram)
- 51741 Complex uroflometry
- 51728 Complex CMG, with voiding pressure profile studies
- 51797 Intra-abdominal voiding pressure studies
- 51600 Injection for cystography or voiding urethrocytography

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Urology Clinic

UW Medical Center
1959 N.E. Pacific St.
Seattle, WA 98195

Call 206-598-4294
weekdays from 8:30 a.m.
to 5 p.m. After hours and
on weekends or holidays,
call 206-598-6190 and
ask for the resident on
call for the Urology
Service to be paged.

UW Eastside Specialty Center

3100 Northup Way
Bellevue, WA 98004

Call 425-646-7777
weekdays from 7 a.m. to
8 p.m. and Saturdays
from 9 a.m. to 8 p.m.