



Centre for Pelvic Floor Competence

Information about Multi-channel Urodynamics



A multi-channel urodynamics is a test that is performed in the doctor's office to determine the cause(s) of bladder leakage problems. You will be asked to sit on a special chair for this test. At the beginning of the test, the nurse or doctor will insert a small, flexible plastic catheter tube into the opening of your bladder. Most patients say this is a little uncomfortable, but it shouldn't hurt. A second small tube will be inserted into your vagina or rectum. These tubes are very sophisticated devices. Together with a computer monitor, they

give the doctor much useful information about the function of your bladder, your urethra (the tube the urine passes through when you urinate), and the muscles of your pelvis.

During the test, your bladder will be gradually filled with sterile fluid. As the bladder fills, a special monitor will measure the pressure in your bladder. You may be asked to cough or bear down. If you have a bladder control problem, you may leak during this test. You should not be worried or embarrassed if that happens, since one purpose of the test is to determine the cause(s) of leakage problems.

As your bladder is filled, you will be asked to tell the doctor or nurse: (a) when your bladder feels full enough that you would stop your activities to urinate, and (b) when you feel completely full. After your bladder is completely full, a series of measurements will be made. Finally, the doctor or nurse will ask you to urinate and make more measurements as you empty your bladder.

This test very rarely causes any complications or problems. Some women report some bladder irritation or burning after the test. Fewer than 5% of women will develop a bladder infection. The

burning feeling when you urinate usually lasts a few hours and goes away without any treatment. If the burning feeling continues, you may have a bladder infection and your doctor can recommend a medication. Other complications are extremely uncommon.

Before the Test

- ✓ Please do NOT apply lotions, powders, or sprays to the pelvic area on the day of your appointment.
- ✓ Please arrive 20 minutes prior to your scheduled appointment.
- ✓ **Do NOT empty your bladder prior to the test.** We would like your bladder "comfortably full" at the beginning of the test.

Please notify us in advance of your appointment if you think you might have a bladder infection, since your doctor will probably want to reschedule the test. Symptoms of a bladder infection might include burning or pain during urination, and foul smelling urine, or cloudy-colored urine.

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