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Patient Information About Bladder Testing

Reasons for Bladder Testing

Bladder testing is a way for us to find out what is causing your bladder problem in order to give you the best treatment.

Physical Exam

The first part of the test is a regular physical exam with a pelvic exam. The pelvic exam will tell us how your vaginal support is & whether any of your tissues have "dropped." Prolapse, or loss of support, can involve any of the pelvic organs including the bladder, rectum, small intestine, uterus, or after hysterectomy, the vaginal cuff. We know that you never get used to these type exams, & that they can be embarrassing & uncomfortable- we will perform the exam as gently as possible.

Urodynamic Testing

The most accurate test we have for figuring out what is causing your problem is called urodynamic testing. This test will involve filling your bladder with a tiny tube called a catheter (smaller than the lining of a pen) & using a computer to see what happens when your bladder fills. This is called a cystometrogram. We are looking for bladder spasms, & will also take some measurements to see if there is a weakening of the opening of your bladder. We will make sure that the lining of your bladder is healthy using a small optical device called a cystoscope attached to a video monitor. You will finish by voiding into a commode which is attached to the computer to see how your bladder empties. Depending on your problem, some other tests may be performed as well. This test usually takes about 15-20 min. We will use some numbing gel to decrease the discomfort of the catheter, & be as gentle as possible throughout the study. We have performed this test on over 3000 women, & most have not found it to be painful. The worst part for most women is that your bladder will feel pretty full for a minute or so.

When the test is finished, your doctor will discuss the results of this test & talk with you about your best treatment option.

We will check your urine when you arrive to make sure that you do not have a bladder infection. If you do, we will have to treat you & reschedule the test. **Please let us know the week before your testing if you think that you may have a bladder infection with symptoms of pain with urination, urinary urgency, &/or frequency.** There is a very small chance of introducing infection with the testing.

If you are not able to keep your appointment please let us know at least 48 hours ahead of time. We reserve 45-60 minutes of our time for the test. We must prepare sophisticated equipment, & many women are waiting to get the test done. If you miss your appointment without notifying us ahead of time, we may not be able to reschedule your testing.

For any questions call us at 828.670.5665 (extension 313 or 315).
(For more information about prolapse & bladder control, please see our website: www.wcwsc.com)