



## What to expect afterwards?

Passing urine may sting a little for a day after the test, but if you think that you have developed a urine infection please let your doctor know.

Some patients may be especially prone to infection or difficulty in passing urine. You might be prescribed an antibiotic. In the event of an emergency, please call 040-23231380 or report to the ER Apollo Hospitals, Hyderguda Hyderabad.



Dr Sanjay Sinha, Senior Consultant Urologist and Transplant Surgeon is internationally acclaimed for his work on Urodynamics and bladder function. He is on the Editorial Board of the International Urogynecology Journal, Current Bladder Dysfunction Reports (both published from the USA) and the Indian Journal of Urology. He has conducted numerous teaching programs and live workshops on bladder problems, urodynamics and surgery for incontinence including synthetic tapes for stress urinary incontinence. These include workshops at Taipei, Johannesburg, Brisbane, Kuala Lumpur, Astana, New Delhi, PGI Chandigarh and several other centers.

Apollo Hospitals, Hyderguda has developed as a national referral center for bladder problems and over 1000 patients underwent a complete urodynamics test (CMG/Pressure flow) last year. The center has the latest generation MMS Urodynamics system with video facility. The center performs a large number of complex bladder surgeries.



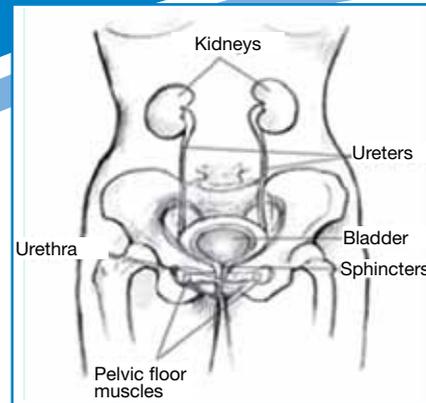
# URODYNAMICS

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# What is URODYNAMICS



Urodynamics is the collective name given to several tests of bladder and lower urinary tract function. The tests measure the ability of the lower urinary tract to store and empty in a safe and effective manner. The commonest test is Uroflowmetry, a simple non-invasive test that provides a graphical representation of the flow of urine. More complex tests include measurement of bladder function during storage (Cystometry) and emptying (Pressure Flow Study).

Some common reasons for performing urodynamics include urine leakage, frequent or painful urination, difficulty in passing urine or recurrent urinary infections.

For patients with neurological problems such as children with spinal birth defects (spina bifida, meningocele, tethered cord), individuals with spinal cord injury or other nerve problems such as multiple sclerosis,

demyelinating disorders, diabetic cystopathy or children with birth abnormalities of the bladder or bowel, urodynamics may be absolutely critical in management. Untreated bladder problems are an important cause for kidney failure in some of these patients. Kidney failure due to bladder dysfunction is completely preventable but continues to occur in India with depressing regularity due to lack of awareness on the part of both patients and doctors.

For men with a prostate problem, urodynamics can help decide whether surgery is likely to benefit. Women with urinary incontinence can be treated effectively based on urodynamics.

## How is Urodynamics performed?

Depending on the exact nature of the problem, you may be asked to pass urine into a special toilet. A small tube may be inserted into the bladder and rectum to measure bladder pressures. The tubes are connected to pressure transducers that are extremely sensitive devices that can measure pressure. This information is processed and displayed graphically on the screen.

The bladder is filled with saline using an infusion pump while the pressures are recorded. During the procedure you will be asked questions about the sensations in your bladder. You will also be asked to do some of the things which might trigger the problem you have. Finally, you will be asked to empty your bladder again, with the two fine sensors still in place. Patients may be asked to cough or strain during the test. The sensors are then removed and the procedure is terminated.

Typically, the results of the test are available in a short while and the doctor would usually discuss your plan of management before you leave the hospital.