

What is Urodynamics?

“Uro” means urine or related to the urinary system. “Dynamics” means moving against pressure. The urinary system works by allowing urine to be released and flow with little or no difficulty.

Sometime during our life, whether as a baby, child or adult, our urology system doesn't work as well as it should. There may be embarrassing leakage, a sudden uncontrollable flow of urine or even an unexplained stoppage in the flow. A urodynamics test can help determine the reason for the problem and the appropriate treatment. This test is designed to see how urine fills the bladder and then moves through the lower urinary system to be released outside the body.

Please contact 573-458-6359 if you have any questions or concerns.



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Mercy Urodynamics

*Mercy Clinic - OB/GYN
offers urodynamics*





How does the lower urinary system work?

The lower urinary system consists of your ureters, bladder, urethra and sphincter muscle. The urine created in your kidneys travels down tubes called ureters into two openings at the bottom of your bladder. The urine is stored in the bladder until it is full. Emptying occurs by a contraction of the bladder muscle.

The sphincter muscle sits right below the bladder. If you are not ready to empty your bladder, the sphincter muscle tightens

like a knot at the bottom of a water-filled balloon. When you empty your bladder, the sphincter muscle relaxes, like untying the knot. The process of urination then begins as the bladder pushes the urine through a tube called the urethra. The urethra opens to the outside of your body.

Urination takes place only when the muscles and nerves are working correctly. Nerves carry messages from the brain to the bladder and sphincter muscles. The urodynamics test will help determine how well these nerves and muscles are working together.

How do I prepare for a urodynamic test?

Your physician's office will schedule your appointment. Any necessary pre-procedure paperwork will be mailed to you to complete and bring to your appointment.

You may eat and drink anything you want before the test, unless given other instructions. If you are constipated, have diarrhea, menstruating, suspect you have a bladder or urinary tract infection, or suspect you are pregnant the day of the test, please let the center know in advance.

Please come to your appointment with a full bladder. We will have you void after you are registered. Do not hold your urine if it hurts. This will not pertain to patients who come with a catheter in place

Payment and Instructions

Please bring all insurance information and a photo I.D. with you so your benefits can be processed without delay. Urodynamics testing is covered by most insurances, Medicare and Medicaid. If you have any questions about coverage, please contact your insurance company before coming for your test.