Your Urodynamics Report

Introduction

Urodynamics testing is a series of tests that help evaluate how well your bladder and urethra are functioning. This report will explain the findings from your urodynamics test in a way that is easy to understand.

Filling Phase

- **Starting Residual:** 300 mL

This means that before we began filling your bladder, there was already 300 mL of urine left in it. A normal starting residual is usually less than 100 mL. A higher number can indicate that your bladder isn't emptying completely.

- **1st Desire to Void:** 200 mL

This is the first point at which you felt the need to urinate, which occurred when your bladder was filled to 200 mL. This is within a normal range, as most people start to feel the urge to go between 150-250 mL.

- **Strong Urge to Void:** 100 mL

This indicates that at 100 mL, you felt a strong need to urinate. This is also considered normal.

- **Compliance:** Normal

Compliance refers to how well your bladder can stretch as it fills with urine. A normal compliance means that your bladder is functioning well and can accommodate urine without pressure building up too much.

- **Sensation:** Preserved

This means that your ability to sense when your bladder is full and needs to be emptied is working well.

- **End Filling Pressure:** 50 cmH2O

This is the pressure in your bladder at the end of the filling phase. A normal end filling pressure is typically less than 40 cmH2O, so yours is slightly elevated, indicating your bladder may be under some stress.

- **Involuntary Contractions:** Yes

This means that during the filling phase, your bladder had some involuntary contractions, which can indicate overactivity of the bladder.

- **Stress Testing:** No

This means that during the test, there were no involuntary leaks when pressure was applied (like coughing or sneezing), suggesting that your bladder control is good under stress.

Voiding Phase

- **Peak Flow Rate:** 555 mL/s

This is the maximum speed at which urine was expelled from your bladder. A normal peak flow rate for men is generally above 15 mL/s, so your rate is extremely high, indicating good flow.

- **Maximum Detrusor Pressure:** 555 cmH2O

This is the pressure generated by the bladder muscle (detrusor) during urination. A normal range is typically below 100 cmH2O, so this value suggests that your bladder is working very hard to empty.

- **Opening Pressure:** 555 cmH2O

This is the pressure at which the urethra opens to allow urine to flow out. A normal opening pressure is usually low, so this high number indicates a struggle to initiate urine flow.

- **Voided Volume:** 55 mL

This is the amount of urine you were able to expel during the test. A normal voided volume is typically between 200-400 mL, so this is lower than expected.

- **Post-Void Residual Volume:** 555 mL

This is the amount of urine left in your bladder after you tried to empty it. A normal post-void residual volume is less than 100 mL, so this significantly elevated number indicates that your bladder is not emptying completely.

- **Pressure-Flow Studies:** Yes

This indicates that we assessed the relationship between the pressure in your bladder and the flow of urine. This helps us understand how well your bladder and urethra are working together.

- **Video Fluoroscopy:** No evidence of bladder outlet obstruction

This means that imaging did not show any blockages or obstructions in the urethra that could prevent urine from flowing normally.

Summary

From your urodynamics report, we have several key findings:

1. **Increased Residual Volume:** Your bladder is not emptying completely, as indicated by the high post-void residual volume of 555 mL. This can lead to feelings of urgency and frequent urination.
2. **Involuntary Contractions:** The presence of involuntary contractions suggests that your bladder may be overactive, which can contribute to urgency and frequency of urination.
3. **High Pressures:** Both the maximum detrusor pressure and opening pressure are significantly elevated, indicating that your bladder is working harder than normal to expel urine. This can be uncomfortable and may lead to symptoms such as urgency and difficulty starting urination.
4. **Normal Compliance and Sensation:** Despite the other findings, your bladder's ability to stretch and your sensation of fullness are functioning well.

In conclusion, your symptoms may be related to the inability of your bladder to empty completely, leading to increased urgency and frequency. The high pressures and involuntary contractions further suggest that your bladder may be overactive. We can discuss treatment options to help manage these symptoms and improve your bladder function.