

FULL BLADDER

On the day of the examination you will need to have a full bladder.

You will be placed in the examination room then you will be asked to undress. The physician will enter the room and start the examination. The physician will ask you to cough multiple times; she will also ask you to bare down. The reason for this type of examination is to verify whether you leak when your bladder is full.

Next you will be asked to go to the restroom. There will be 2 containers in the restroom; you need to collect all your urine in these containers. The first container will be for the first part of your urination stream which usually comes out fast. You will need to time this stream in seconds. When the stream slows down you will switch containers and collect the rest of the urine. The slow stream also needs to be timed in seconds. Once you are done you may leave the containers in the restroom and inform the nurse as to which one was used for the fast urination collection and which one was used for the slow collection. Also give the nurse the seconds it took for each.

Then you go back into the room and undress. The nurse will come in and place a very thin catheter into your bladder and check for residual (leftover) urine. Without removing the catheter she will then begin to fill your bladder with about 120cc = 360oz of sterile water. Once she is done the doctor will return to do one more examination before you are asked to dress.