



UW Medicine

## 尿动力测试

### 如何准备及其过程

本讲义解释了如何做尿动力测试，以及如何为此测试做准备。它还提供了医保所需要的一些资讯。

### 何谓尿动力测试？

尿动力测试是检查膀胱和泌尿系统。此测试能帮助医生诊断泌尿问题、及治疗。

### 为什我需要做尿动力的测试？

医生也许需要为您安排做这个测试，以便治疗排尿的问题。例如：

- 尿失禁（无法控制排尿）
- 残余尿（不能完全地排空膀胱内的尿量）
- 经常发生膀胱感染
- 尿频（需要经常排尿）

### 如何做此测试？

- 做此测试时、护士将一条细小的导管（其大小就如意大利细面条一般）插入膀胱内、另一支导管插入直肠里。可能有轻微地不适，但大多数的患者都能容忍、没有困难。
- 我们将以水或造影剂注满膀胱、导尿管可提供压力读数并指示出膀胱运作情况
- 如使用了造影剂，我们将在膀胱充盈时拍摄X光照片。
- 在测试的后段，我们将请您排空膀胱。



在阅读本讲义后对尿动力测试有任何疑问，请与您的医疗服务提供者讨论。

## 我需要如何为此测试做准备？

- 请确认测试的时间对您是很适宜的。 **因为最重要的是要准时到达。** 如迟到、我们有可能需将测试改期。
- 如因膀胱问题服用任何处方药、则需要在测试前5天停止服用。 例如下列各药：
  - Detrol (tolterodine)
  - Dibenzyline
  - Ditropan (oxybutynin)
  - Enablex (darifenacin hydrobromide)
  - Flomax (tamsulosin)
  - Imipramine (tofranil)
  - Levid
  - Levsinex (hyoscyamine)
  - Minipress (prazosin)
  - Myrbetriq
  - Oxytrol Patch
  - Sanctura (trospium chloride)
  - Toviaz
  - Vesicare (solifenacin succinate)
- **不需要** 停药抗生素及其他的药物。
- 如有下列情况、请与诊所联系：
  - 有行动不便或其他特殊需求，会影响测试日。
  - 可能有膀胱或肾脏感染。我们可能需要将测试日延期。

### 注意事项：

如您有下列下列情况可能需要在测试前服用抗生素：

- 有心瓣膜的疾病、换心瓣膜
- 曾患过风湿热
- 看牙医前需先服用抗生素

请与您的家庭医生讨论此测试。

## 测试的当天

- 可以照常饮食。
- 预约时间前的1小时停止喝饮料。

- 请在膀胱舒适充盈的情况下前来就诊。
  - 如感觉膀胱太胀，请告诉前台的服务人员。
  - 如使用导尿管，就不需要膀胱充盈。
- 可以在检查前做常规的活动。也可以自己驾车来诊所、并驾车回家。
- 如医生要您做排尿记录，也请将它带来。
- 此测试约需1小时。

## 医保是否涵盖此测试？

请注意：如您的主要医保是联邦红蓝卡（Medicare）您无须与保险公司联系。

这是个非常昂贵的测试。您的责任是与您的保险公司查询是否需要预先取得保险公司的批准。

您与保险公司联系时、请务必告诉他们此为门诊测试。

您的医保公司也许要求这测试的 CPT 代码。以下是尿动力测试的代码：

- 51726 复杂的CMG（膀胱测量图）/Complex CMG (cystometrogram)
- 51741 复杂的尿道测量法/Complex uroflowmetry
- 51728 复杂的CMG，与排尿压力曲线测试/Complex CMG, with voiding pressure profile studies
- 51797腹腔内排泄压力测试/Intra-abdominal voiding pressure studies
- 51600 膀胱造影或尿道造影的注射液/Injection for cystography or voiding urethrocytography

## 您有疑问吗？

我们很重视您的提问。当有疑问或顾虑时。请致电您的医护人员。

❑ **华大医疗中心 UWMC – 蒙特湖院区泌尿科/Montlake Urology Clinic:** 请致电 206.598.4294 工作日上午 8 点至下午 5 点。  
其他时间请致电：  
206.598.6190、接通后请接线生传呼当值的泌尿科医生。

❑ **妇科中心/Women’s Health Care Center:** 请致电 206.598.5500:  
- 周二, 上午 7:30 至晚间 7 点。  
- 其他工作日, 上午 7:30 至下午 5 点。  
其他时间请致电：  
206.598.6190、接通后请接线生传呼当值的泌尿科医生。

❑ **华大医疗中心西北盆腔健康中心/UWMC - Northwest Pelvic Health Center:** 请致电：  
206.668.4477 周间上午 8 点至下午 5 点。  
其他时间请致电：206.668.4477  
接通后请接线生传呼您的医疗提供者。

## Urodynamics Testing

*How to prepare and what to expect*

*This handout explains how urodynamics testing is done and how to prepare for it. It also gives information your insurance company will need.*

### What is urodynamics testing?

*Urodynamics testing* is an exam of the urinary tract, including the bladder and urethra. This exam helps doctors diagnose and treat urinary problems.

### Why do I need this exam?

Your doctor may want you to have this test done to help us treat your urinary problems. You may:

- Have *incontinence* (cannot control urination)
- Have *retention* (cannot fully empty your bladder of urine)
- Get bladder infections often
- Need to urinate often

### How is the test done?

- First, a nurse will insert a small *catheter* (a tube about the size of a spaghetti noodle) into your bladder and another catheter into your rectum. This may cause some discomfort. Most patients handle this easily.
- We will then fill your bladder with either water or a *contrast solution* through the bladder catheter. The catheters will give us pressure readings to help us see how your bladder is working.



*Talk with your healthcare provider if you have any questions about urodynamics testing after reading this handout.*

- If contrast is used, we will take X-ray pictures of your bladder as it fills up.
- At the end of the test, we will ask you to empty your bladder.

## How do I prepare for this test?

- Make sure the appointment is at a time that works for you. **It is very important that you arrive on time for the test.** If you arrive late, we may need to reschedule your test for another day.
- If you take any medicines for your bladder, you will need to stop taking these 5 days before your urodynamics test. Some of these medicines are:
 

- Detrol (tolterodine)	- Levsinex (hyoscyamine)
- Dibenzyline	- Minipress (prazosin)
- Ditropan (oxybutynin)	- Myrbetriq
- Enablex (darifenacin hydrobromide)	- Oxytrol Patch
- Flomax (tamsulosin)	- Sanctura (trospium chloride)
- Imipramine (tofranil)	- Toviaz
- Levlbid	- Vesicare (solifenacin succinate)
- You do **not** need to stop taking antibiotics or your other medicines.
- Call the clinic if you:
  - Have mobility problems or other special needs that will affect the day of your test.
  - May have a bladder or kidney infection. We may need to postpone your test.

### Important

#### **You may need antibiotics before this test if you:**

- Have had a heart valve problem or a heart valve replacement
- Have had rheumatic fever
- Take antibiotics before you have dental work done

Please talk with your primary care provider about this.

## On the Day of Your Test

- You may eat and drink normally.
- Stop drinking fluids 1 hour before your appointment.
- Please come to your appointment with a comfortably full bladder.
  - If your bladder feels too full, please tell someone at the front desk.
  - You do not need to have a full bladder if you have a catheter.
- You may do your usual activities before this test. You can also drive yourself to the appointment and home again.
- If you were asked to keep a voiding diary, please bring it with you.
- Plan on being at this appointment for about 1 hour.

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- UWMC - Montlake Urology Clinic:** Call 206.598.4294 weekdays from 8 a.m. to 5 p.m.  
All other times, call 206.598.6190 and ask to page the Urology doctor on call.
- Women's Health Care Center:**  
Call 206.598.5500:
  - Tuesdays, 7:30 a.m. to 7 p.m.
  - Other weekdays, 7:30 a.m. to 5 p.m.All other times, call 206.598.6190 and ask to page the Urology doctor on call.
- UWMC - Northwest Pelvic Health Center:** Call 206.668.4477 weekdays from 8 a.m. to 5 p.m.  
All other times, call 206.668.4477 and ask to page your provider.

## Does insurance pay for this test?

Please note: If your primary insurance is Medicare, you do not need to contact your insurance company.

This exam is very costly. It is your responsibility to check with your insurance company to see if you need preauthorization for this test.

When calling your insurance company, be sure to tell them that this test will be an **outpatient procedure**.

Your insurance provider may ask for the codes, called CPT codes, that describe this test. These are the codes for urodynamics testing:

- 51726 Complex CMG (cystometrogram)
- 51741 Complex uroflowmetry
- 51728 Complex CMG, with voiding pressure profile studies
- 51797 Intra-abdominal voiding pressure studies
- 51600 Injection for cystography or voiding urethrocytography