Meet Your Physicians

**Christian Twiss, MD**

Dr. Twiss is a Board certified urologist, assistant professor, and Director of Female Urology, Pelvic Medicine, and Reconstructive Surgery at the University of Arizona. He completed his medical school and residency program in general surgery and urology and New York University. He completed a fellowship in female urology, urodynamics, and pelvic reconstructive surgery at UCLA. Dr. Twiss practices at The University of Arizona Medical Center North Campus.

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**Joel Funk, MD**

Dr. Funk is a board certified urologist and assistant professor at the University of Arizona College of Medicine. He attended medical school at Northwestern University Medical School and completed his general surgery and urology residencies at the University of Arizona Health Sciences Center. Dr. Funk has a urology practice at The University of Arizona Medical Center North and South Campus.

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**Appointment Information**

Your Appointment is on: ____/____/_____

Month    Day    Year

Please Arrive at: __________

Your Physician is: ______________

If you need to reschedule your appointment please call (520) 694-4032 at least 24 hours prior to your arrival time.

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**The University of Arizona Medical Center**

**Pelvic Floor Center**

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**Urodynamic Testing**

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**The University of Arizona Medical Center**

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**The University of Arizona Health Network**
What is Urodynamics?
Urodynamics refers to a series of diagnostic tests that evaluate the function of your bladder and urethra. These tests may be recommended if you have urinary incontinence (leakage of urine), recurrent bladder infections, a slow or weak urinary stream, incomplete bladder emptying, or frequent urination.

Urodynamics tests provide valuable information to aid in the accurate diagnosis done with special catheters and sensors which are attached to a computer and the information collected is interpreted by a physician.

Uroflowmetry
This study measures your urinary flow rate. You should come to the test feeling as though you need to urinate. Try not to empty your bladder one hour before your test is scheduled.

EMG
This study measures how well you can control your sphincter (outlet) muscles and helps determine if they are working in coordination with your bladder. “Sticky patches” (electrodes) will be placed near the rectum to record sphincter muscle activity.

Cystometrogram
This study measures your bladder capacity, evaluates how your bladder holds urine, and determines how well you can control your bladder.

Pressure Flow Study
This study measures how well the bladder muscles, the sphincter, and the urethra work together. This test may be done sitting on a commode or standing. Your bladder will be filled until you feel that your bladder is completely full. The computer will measure the strength of your bladder muscles and sphincter, as well as the urinary flow rate and voided volume.

Types of Urodynamics Tests

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How to Prepare for Urodynamics

Prior to your appointment, you may be asked to complete a bladder diary or questionnaire. Please bring this with you to the appointment.

Unless otherwise directed by your doctor, you should take your normally scheduled medications. You may eat and drink prior to your study.

The series of tests typically take less than one hour. You will be able to resume all previous activities, including driving, upon complete of the urodynamics studies.

Your physician will decide which of the tests described in this brochure are appropriate for you.

Before your test is performed, your urine will be checked for signs of infection. If you have a urinary tract infection, your studies may be cancelled and rescheduled until after your infection has been treated.

Please arrive for the study with a comfortably full bladder.

Plan to arrive about 20 minutes before your scheduled appointment and try not to void in the hour leading up to your study. If you are uncomfortable holding your urine that long, please void and we will modify the test by filling your bladder with fluid at the appropriate time to finish your study.

Please call us prior to your test with any questions (520) 694-4032