



ST. LUKE'S[®]

Urology
Center

**WHO WE
ARE**

St. Luke's Urology Center provides diagnostic evaluation and treatment for various urology (lower urinary tract) - related disease processes, such as:

- urinary retention
- urinary incontinence
- prostate enlargement
- neurogenic bladder
- voiding dysfunction

Our Services

We offer the following services to adult patients on either an inpatient or outpatient basis. Procedures denoted by an (*) are performed by a physician.

Urodynamics: study of how the bladder stores and releases urine, which assists in explaining symptoms of:

- incontinence or leaking urine
- frequent urination
- sudden strong urges
- problems starting stream and emptying

Pelvic Floor Rehabilitation: non-surgical therapy to teach patients proper exercises, beyond traditional Kegel exercises, for their pelvic floor muscles, to help improve bladder control for retaining urine. A computer is used to monitor the patient's progress and strength of their pelvic muscles.

NOTE: Physicians can order up to six rehabilitation sessions, but must be scheduled at least six weeks apart between sessions.

Video Urodynamics*: study using an X-ray to visualize the bladder during filling and emptying

Cystoscopy (flexible or rigid)*: use of a small scope to visualize the inside of the bladder

Coaptite Injection*: injection of a substance into tissues surrounding the urethra to decrease or eliminate stress incontinence

Botox Injection*: injection of botox into the bladder for patients with frequent urination and bladder pain

Interstim Testing*: used for patients who have very frequent voiding and pain when no medications or treatments improve symptoms

Prostate Biopsy*: guided by an ultrasound, a specimen is retrieved from the prostate to test for cancerous cells

OUTPATIENT SERVICES

Things to Do Before Outpatient Urodynamics Testing

- Have your physician order the test
- Coordinate scheduling with your physician's office
- Schedule test and complete pre-admit process by calling 832-355-0000
- Arrive one hour before scheduled testing time
- Arrive with a full bladder to have a flow rate performed before testing
- Consult with your urologist to determine if you should discontinue medications that may affect your bladder (i.e. Detrol LA, Santura)

What to Expect: Day of Testing

When you arrive at the Urology Center, you will:

- be asked to urinate on a special toilet that collects and measures the amount and flow of urine
- undress from the waist down and be provided a gown
- be prepped and have catheters placed for testing

During testing, your bladder will be filled with saline and you will be asked how your bladder feels. Upon the test completion, it's recommended that patients drink plenty of water to help with any mild discomfort.

