



Urological Associates, P.C.

of the Iowa and Illinois Quad-Cities Region

UroCuff®

A UroCuff is a noninvasive diagnostic test done to help determine the function of your bladder. Over time men with enlarged prostates can have increasing difficulty emptying their bladder. If left unchecked, eventually the bladder muscle is worked too hard, and it stops functioning normally. If the bladder doesn't function well, surgically moving the prostate out of way will not improve your urinary symptoms.

During the UroCuff many measurements are taken. Your bladder pressure, the flow rate of your urine, the amount of urine voided, and the volume of 'leftover' urine in your bladder are all taken into account when determining your bladder health.

In order to get the most out of the UroCuff, you must be able to void while standing. The staff can assist with standing. The test requires you to hold a funnel at the end of your penis as well. You will not be able to hold onto anything during the test.

Now that you are scheduled, what do you need to do to prepare for a UroCuff?

1. **Come to the office with a 'comfortably' full bladder.**
 - a. This means we need you to feel as though 'I have to go' but not so much urgency that you might leak urine.
 - b. If you were driving on the interstate, you would stop at the next rest stop, but not necessarily the next exit.
2. If you are concerned about leaking, feel free to wear a pad or other protective undergarments.

The entire exam takes 5-10 minutes. The following outlines the steps of the procedure.

1. Once back in the exam room, you will be asked to stand in front of a urinal while voiding through a funnel into a graduated cylinder on the floor.
2. You will also have six electrodes attached to you. Three on your belly, three on the lower portion of your butt checks.
3. When the exam begins, you will feel some suction on the end of your penis which may cause some mild temporary discomfort.
 - a. Most men tolerate the discomfort well.
 - b. The suction will increase and decrease as the machine measures the pressure in your bladder.
4. **We ask that you do NOT strain/bear down/push to void during this exam.**
 - a. Doing so will prevent an accurate reading.
5. When you are done voiding, let the nurse know you are done but do NOT back away from the urinal. The nurse will be outside the room.
6. After the leads are removed, you will be asked to lay on the exam table for a bladder scan.
7. Once the bladder scan is done, all necessary pieces of information will have been gathered. You will be able to fully dress.

The information from your test will be given to your doctor who will discuss the results with you at your follow-up.