How to diagnos Overactive Bladder?

1

Patient History

The patient may be asked to keep a bladder diary for a few days, recording the times and volumes of urination, fluid intake, and any instances of urgency or incontinence. This helps to quantify the frequency and severity of symptoms and can guide further testing and treatment.

2

Physical examination

The doctor may check for any abdominal masses, distension, or tenderness that could suggest a different underlying condition. The Gynecologists will assess for pelvic organ prolapse, atrophy (dryness of the vagina), or other issues that may contribute to urinary symptoms. The Urologists will evaluate the prostate, as an enlarged prostate (benign prostatic hyperplasia) can mimic or contribute to OAB symptoms.

3

Urine Sample Analysis

A basic urine test is performed to check for infections, blood, or other abnormalities in the urine that might explain the symptoms.

4

Post-Void Residual (PVR) Measurment

After the patient urinates, the amount of urine left in the bladder (post-void residual) is measured with Ultrasound. This test can help determine if the bladder is emptying completely or if there is urinary retention, which may indicate another condition rather than OAB.

5

Urodynamics studies

assess how well the bladder and urethra are storing and releasing urine. This may involve filling the bladder with fluid through a catheter and measuring pressure inside the bladder, the strength of the bladder muscle, and the coordination between the bladder and sphincters. The Cystometryis a specific urodynamic test that measures bladder pressure during filling and helps identify involuntary contractions of the bladder muscle characteristic of OAB.

6

Cystoscopy (if needed)

A cystoscopy involves inserting a small camera through the urethra into the bladder to visually inspect the bladder lining and rule out other conditions like bladder stones, tumors, or interstitial cystitis, which can cause similar symptoms.

7

Imaging Studies (if needed)

Ultrasound or CT Scan: Imaging may be used to visualize the kidneys, bladder, and other pelvic organs to exclude structural abnormalities or masses that could be causing the symptoms.

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