



Carolinus Rehabilitation

Charlotte Continenence Center



**WITHIN
YOUR
REACH**

**Charlotte Continenence Center
at Carolinus Rehabilitation**
1100 Blythe Boulevard
Charlotte, NC 28203

**Charlotte Continenence Center
at Morehead Medical Plaza**
1025 Morehead Medical Drive,
Suite 250
Charlotte, NC 28204



Carolinus Rehabilitation

704-355-4455
1-877-REHAB51 (1-877-734-2251)
www.carolinusrehabilitation.org

Selected Services at:

**Carolinus Rehabilitation –
Mountain Island Lake**
9908 Couloak Drive,
Suite 1400
Charlotte, NC 28216

**Carolinus Rehabilitation –
University**
101 W.T. Harris Boulevard,
Suite 5304
Charlotte, NC 28562

The Specialists In The Treatment Of Pelvic Floor Disorders

The Charlotte Continence Center is part of Carolinas Rehabilitation, a nationally recognized healthcare network that provides comprehensive rehabilitative inpatient and outpatient services throughout the region.

When urological services are needed, the Charlotte Continence Center treats patients with symptoms of urinary incontinence, unrestrained leakage of urine, recurrent bladder infections, a slow or weak urinary stream, incomplete bladder emptying and frequent urination.

Physicians often refer patients with urological symptoms to the Charlotte Continence Center to undergo a series of tests called “urodynamic studies” to ascertain a diagnosis. However, the Center’s urology nurses can also see patients without a physician’s referral to assess and assist with urinary incontinence symptoms.

Expertise Within Reach

Specializing in the evaluation and treatment of bladder control problems, highly trained physicians and nurses staff the Charlotte Continence Center under the medical directorship of a neurourologist with expertise in urodynamic studies, urinary incontinence and bladder dysfunction. Other professionals within the Center provide comprehensive patient education, diagnosis and treatment for pelvic floor dysfunctions.

The primary treatments for bladder control problems include bladder retraining, drug treatments and pelvic floor exercises that may be supplemented by electrical stimulation. A nurse or physical therapist educates, evaluates and instructs patients on proper isolation and exercise of their pelvic floor muscles for increased bladder control. Using biofeedback technology, a computer recorder monitors the progress and strength of their pelvic muscles. Typically this therapy consists of weekly one-hour sessions for six weeks. In severe cases of an overreactive bladder, a specialist will investigate the possibility of surgery.

Pelvic Rehabilitation

Pelvic floor disorders occur only in women and become more common with age. In addition to treating urinary incontinence, women’s health services, such as physical therapy, are offered. Treatment interventions such as relaxation techniques, core strengthening, stretching, manual therapy and recommendations for lifestyle changes can be helpful to women suffering from a variety of illnesses, including chronic pelvic pain, stress incontinence and interstitial cystitis.

Frequently Asked Questions

What are urodynamic studies?

Urodynamic studies refer to a series of diagnostic tests that evaluate the function of the bladder and urethra when a patient experiences urinary incontinence, bladder

infections, incomplete bladder emptying or frequent urination. These individual tests provide important information for the physician to accurately diagnose and treat bladder problems.

How do patients prepare for urodynamics?

Patients are given a questionnaire regarding their bladder problem and are requested to fill it out and bring it to their initial appointment. New patients should also have a relatively full bladder when arriving at their appointment since urination is necessary to begin testing. Patients may eat or drink anything before the study and take medications as normally scheduled, unless otherwise directed by their doctor. The tests typically take about two hours and are generally painless, so no anesthesia is necessary. Another person may accompany the patient to the appointment but will be asked to remain in the waiting area during the testing. After completion of the urodynamic studies, patients may resume all previous daily routine activities.

What should be expected during testing?

A soft, hollow tube catheter or special sensor is carefully placed in the urethra and sometimes into the rectum to perform



certain tests. However, the physician decides which tests will need to be conducted to help diagnose and treat the patient’s specific condition.

Any one of the following tests may be used in a diagnosis:

Uroflow – Measures the speed and amount of urine voided. Patients must come to this test prepared to urinate and not empty their bladders one hour before testing. Then, they will be required to urinate into a commode with a funnel attached to a computer that measures urine flow.

Cystometrogram – Evaluates how the bladder holds urine, measures bladder capacity and also determines how well patients are able to control their bladder. The bladder is filled with fluid through a catheter. In order to reproduce the bladder symptoms, patients report any sensations they feel during the study. In addition, they may be asked to cough, bear down, stand or walk in place during the test. At the end of the study, patients are asked to urinate.

EMG – Measures how well patients control their sphincter (outlet) muscles and determines if these muscles are working in coordination with the bladder. Electrodes may be placed near the rectum to record muscle activity.

Pressure Flow Study – Determines if there is an obstruction. After the bladder is filled through a catheter, patients are asked to urinate as they normally would by sitting on a commode or standing. The test simultaneously records the bladder pressure and urine flow rate.

Videourodynamics – Combines one or more of urodynamic tests but with the addition of video pictures. The bladder is filled with contrast fluid, and x-ray video pictures are taken to see the bladder in motion during filling and emptying.

The Charlotte Continence Center is always *within your reach* with several convenient locations throughout the region. To learn more about its services or to make an appointment, call 704-355-4455 or 877-734-2251.

