



Cystometrics Procedure

Definition

A cystometric study measures the amount of fluid in the bladder when you first feel the need to urinate, when you are able to sense fullness, and when your bladder is completely full.

Alternative Names

CMG; Cystometrogram

Why the Test is Performed

The test will help determine the cause of bladder voiding (emptying) dysfunction, to allow your provider to determine how to proceed with surgery.

How the Test is Performed

You will need to remove your clothing, jewelry, or other objects that may interfere with the procedure. You will be given a gown to wear.

Prior to the cystometric study, you will be asked to urinate (void) into a special container that is interfaced with a computer. This type of study is called a uroflow, during which the following will be recorded by the computer:

- The time it takes you to begin urinating
- The pattern, speed, and continuity of your urinary stream
- The amount of urine
- How long it took you to empty your bladder

You will be positioned on your back on an exam table.

A soft, flexible tube called a catheter will be put in through the urethra until it reaches the bladder. You may have some discomfort when this is done. The amount of urine left in your bladder will be measured. (This is called residual urine.)

Another catheter or pressure probe is placed into the vagina to measure pressure in the belly.

A small amount of room temperature fluid will be put through the catheter into the bladder. You will be asked to tell when you first feel the urge to urinate and when you feel like you must urinate. Bladder pressure will be recorded during this time. You will be asked to cough so that the provider can assess for urine leakage.

When the bladder is completely full, the bladder catheter will be removed and replaced twice to measure your urethral closure pressure.

You will then be asked to empty your bladder while pressure is being recorded. A portable commode chair will be available for you and the catheters will stay in place.

When all tests have been done, the catheters will be removed.

How to Prepare for the Test

Arrive at the clinic with a full bladder to be able to urinate for the first test.

How the Test will Feel

There may be some discomfort associated with this test. You may experience:

- Bladder filling
- Flushing
- Nausea
- Pain
- Sweating
- Urgent need to urinate
- Burning

Post Procedure

There is no special type of care needed after a cystometry. You may go back to your usual diet and activities unless your healthcare provider tells you otherwise.

You will be urged to drink extra fluids to dilute your urine and reduce urinary discomfort, such as burning. You may feel some urinary discomfort, but it should lessen over time. Warm sitz baths or tub baths may help.

You may see blood in your urine after the procedure. The amount of blood will lessen over time.

Tell your healthcare provider to report any of the following:

- Fever and/or chills
- Belly pain
- Continued or increased blood in your urine
- Urine output is less than usual

This test should not be done if you have a known urinary tract infection. Existing infection increases the possibility of false test results. The test itself increases the possibility of spreading the infection.