



## **CYSTOMETRY**

A Cystometry is a bladder test that is routinely performed to diagnose exactly what type of bladder problem you have. This means we can give you the most correct treatment for your bladder problem. The test takes about half an hour to perform, after which we will explain the results to you. We recommend a 2 hour parking zone if you are driving. **THERE IS NO NEED TO FAST** for the test. Following the test you will be able to drive home or return to work as usual.

### **WHAT DOES THE TEST INVOLVE?**

1. You will be asked to leave blouse or jumper on but remove your garments from the waist down and put on a gown.
2. **THERE IS NO NEED TO HAVE A FULL BLADDER** for this procedure, however, you will be asked to empty your bladder in the normal toilet at the start of the test.
3. The doctor or nurse will ask you some detailed questions about your bladder problem.
4. You will then be asked to lie down on the bed so that a very small tube called a catheter can be placed into your bladder and a tiny pressure line will be placed into your rectum by a specialist nurse or the Urogynaecologist.
5. Your bladder will then be gently filled with fluid via the catheter. You will be asked to hold onto the water for as long as you normally would. Tell us when you are first aware of your bladder filling up, then tell us when your bladder is full. The nurse/doctor will then ask you to cough.
6. A simple ultrasound of your urethra is done by the Urogynaecologist.
7. You will be asked to stand up and cough again.
8. You will then be asked to pass your water into the flowmeter (in private).
9. After you have emptied your bladder the nurse will remove the small line/catheter.
10. You will then be asked to lie on the bed again to ultrasound the bladder to check for residual urine. Then the procedure is over, and we print out the results.
11. The Urogynaecologist will explain the results of the test to you and will tell you what needs to be done to correct the problem.
12. **AFTER THE TEST** the bladder may be irritable for a few hours. **DRINK PLENTY OF WATER.**