

# Female Continence & Pelvic Surgery Center Uzoma Nwaubani, MD. FACOG.



## Simple Cystometrogram – CMG

A simple CMG allows us to assess how your bladder and sphincter behaves while you store urine, when you pass urine and to assess if you have hidden stress urinary incontinence. This test is done for people with advanced vaginal prolapse and people with neurologic disease that can affect bladder function.

This test will measure your bladder capacity and pressure. By doing this we can identify problems such as a small capacity bladder, overactive bladder or high pressure bladder.

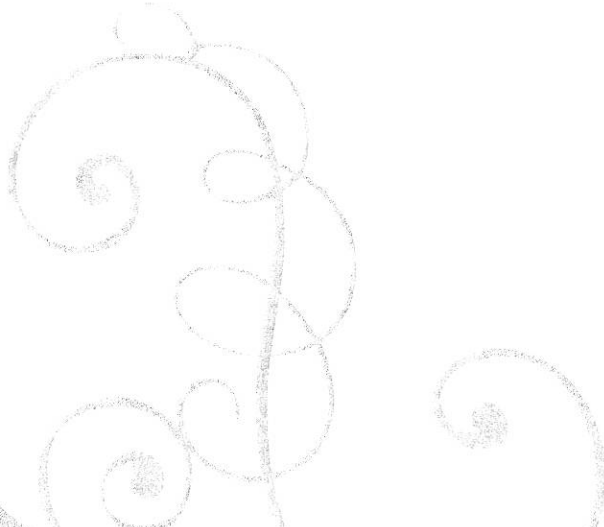
This test will take about 15-20 minutes. You will be positioned on an exam table lying on your back; or if you use a wheelchair that reclines, the study can be performed while you remain in your wheelchair. Your urethral opening will be cleansed with betadine to eliminate any bacteria on the surface. A catheter will be inserted into your urethra and advanced into the bladder. The bladder will be filled with saline solution and filling pressures will be recorded. We will ask you to report any sensations that you might have – coolness from the saline fluid, fullness, the need to urinate, urgency, pain, etc. You may experience some urine leakage during the study. Don't be embarrassed because this can be expected. If you do have leakage, tell the technician who is doing the test.

You may experience a sense of burning or pressure when the catheter is inserted into the urethra. It is normal to have some irritation when you urinate for 24-48 hours after the study. You may also note a small amount of blood in the urine. You will be given an antibiotic after the procedure to guard against infection.

We will ask you to empty your bladder at the end of the test. Measuring the bladder pressure during urination will help us identify the problem so that we can prescribe treatment.

You do not have to do anything special to prepare for this study. You can eat and drink as you normally would before you arrive to the clinic. This test is done in the clinic and does not require sedation or anesthesia. You may resume your usual daily activities immediately following the simple cystometrogram.

Call the clinic nurse if you develop a fever of 100.5 degrees Fahrenheit or higher, have chills, persistent bleeding, or cannot urinate.



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