

Simple Cystometrics

What are Cystometrics? Sometimes your physician will not be able to diagnose your bladder control problem by just doing a history and physical examination. In order to decide what treatment (for example, surgery, medicine, and exercise) is best for you, you may elect to undergo a procedure called simple cystometrics

What Can You Expect? Simple cystometrics are done in the physician's office and take half an hour. This procedure will not interfere with your normal activities, and you do not need a sedative, so there are no restrictions regarding work, driving, or similar activities. The process will work like this:

1. You will be asked to empty your bladder and the amount you void will be measured.
2. A small tube called a catheter will be put into your bladder to see if there is any urine left there.
3. Small amounts of sterile water will be put slowly into your bladder through the tube.
4. You will be asked to tell when you feel the urge to empty your bladder and then when you feel a very strong urge to empty your bladder.
5. The catheter will then be removed and you will be asked to wear an incontinence pad.
6. With your bladder still full, you will then be asked to perform some activities such as coughing, standing up, and washing your hands.
7. Your pad will then be removed to find out how much leaked from your bladder, and you can empty your bladder.

(Adapted with permission from the Practicing Physician Education Project 2006)