

WHAT TO KNOW ABOUT YOUR CYSTOMETROGRAM

What is a cystometrogram (CMG)?

A CMG is also known as urodynamic testing. This test is performed in the office to determine how the bladder stores and empties urine. You might have this test done if you are experiencing frequency, urgency or leakage of urination. The results will help your provider decide on an appropriate treatment plan for your symptoms.

What do I need to do before the CMG?

You need a full bladder for this test!! Drink 32 ounces of water 30 minutes prior to your appointment and hold your bladder.

- If you are typically able to hold your bladder for long periods of time (for example on long car rides), you will need to start drinking an hour before your appointment time and continue drinking on the way to the office.
- If you have a hard time holding your bladder and urinate approximately every hour, we recommend you arrive an hour prior to your appointment to drink your water.

Be aware that you will be asked to bear down and cough during the test, so you may want to avoid gas-producing foods the day before and day of the appointment. If you have diarrhea the day of your appointment, you will need to be rescheduled.

Please discontinue the use of any overactive bladder medications 3 days prior to the CMG testing.

How long does the CMG take?

This test generally takes about 30 minutes to complete.

What can I expect after the CMG?

You will be scheduled for a follow-up appointment with your provider to review your test results and form a treatment plan.