

Fluoroscopic Cystometrograms - Patients Guide

What is a Fluoroscopic Cystometrogram Test?

A procedure to measure the pressure and flow in the bladder and urethra, (the tube through which you pass urine). In brief, it shows what happens when your bladder fills and empties.

Do I need to prepare for the test?

You should have received a "bladder record chart" with your appointment letter. Please fill in the chart for the five days before your appointment. Instructions are on the back of the chart.

What is involved?

The doctor or nurse performing the procedure will explain what needs to be done and answer any questions you may have. There will be a technician in the room who will be operating the urodynamics machine, along with a Urology Consultant and Radiographer operating the x-ray equipment.

You will lie down on the x-ray table couch and a small tube called a catheter is passed into your bladder to drain the bladder completely. This is then withdrawn and another catheter is inserted along with a small catheter into your rectum, which are taped in place until the end of the test. These small tubes measure the pressures inside your bladder and abdomen.

When the catheters are in place the x-ray table is raised so that you are standing. Your bladder is slowly filled with saline and a colourless liquid which shows up on x-rays.

While x-ray pictures are taken, the doctor or nurse will ask you to tell them when you first feel that you want to pass urine and then to inform them when the desire to void becomes stronger. You will be asked not to pass urine until instructed however, should you leak any urine please do not worry as this gives the doctor vital information on how your bladder is performing

Throughout the procedure a recording on the graph will show just how your bladder is behaving. At the end of the test you will again be asked to pass urine, the catheters are then removed and the test is complete.

If I am taking tablets or other drugs, do I need to stop them?

Please continue to take any medication your doctor has prescribed. If taking tablets prescribed for your bladder, called 'anti-cholenergics' please stop one week prior to the test. If you are unsure whether you are taking anti-

cholinergics please contact the urology CNS on 01702 385368 as failure to stop the medication will prevent the test being performed.

How long will it take?

Between 20 and 45 minutes.

Will it hurt?

Please try not to worry, the procedure is not painful. It may be uncomfortable for a short while but everything will be fully explained to you before and during the procedure.

Every effort will be made to ensure minimum discomfort and maximum privacy.

Due to the nature of the test we do not allow any relatives accompanying you into the room.

After your test

It is important to drink plenty of fluids for a few hours, which will help flush out the bladder and prevent infection.

The doctor performing the test will explain to you what the results show once the test is complete and you will leave the department with a treatment plan. Your doctor will also be contacted with the results.

Any more questions?

If you have any questions or if you would like further advice, please contact:

The Urology Nurse Specialist 01702 385368