

◆ SPHINCTER ELECTROMYOGRAPHY (EMG)

✧ This test is usually done in conjunction with the CMG.

✧ For an EMG, along with the catheter, two tiny wire electrodes will be attached to the sphincter. In addition, a small rubber tube will be inserted into the rectum. This test will measure the activity of the muscles used in urination.

✧ **Preparations**—there is no special preparation for this test. However you must not have a bladder infection. If you feel you may have a bladder infection please discuss this with your doctor.

◆ AFTER TESTING

✧ After the studies have been completed your doctor will discuss the results of the tests with you.

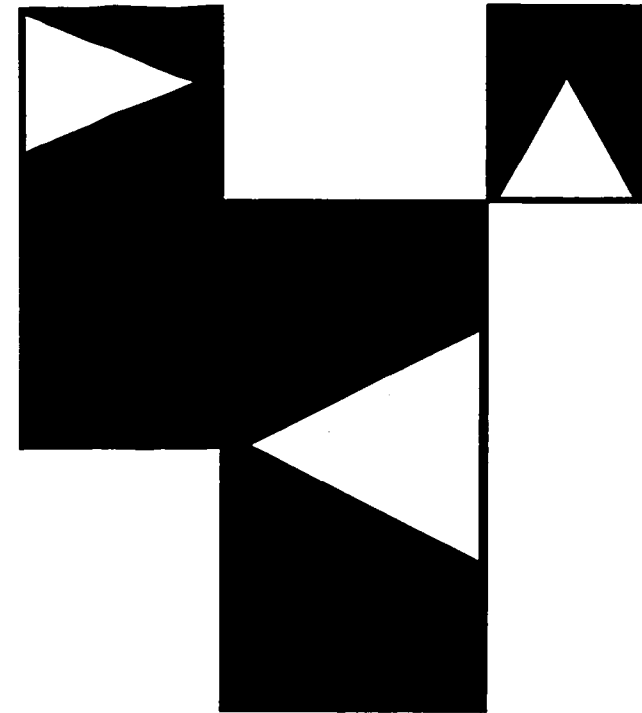
✧ Expect to spend one to two hours at the hospital for these studies, depending on the number of tests to be done.

✧ There is very little discomfort with these tests. The key to a successful urodynamic study is for you to be relaxed and comfortable during the tests.

If you have any questions
please ask your
health care provider or
call the Endoscopy Unit
at
Marquette General Hospital
at
(906)225-3225
or
1-800-562-9753, ext. 3225.

**Additional health information is available
through the MGH Health Information
Center (906) 225-4950
or 1-800-562-9753, ext. 4950.**

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URODYNAMIC STUDIES

Health Information Pamphlet

 **MARQUETTE**
General Hospital
REGIONAL MEDICAL CENTER



✧ This pamphlet has been designed by the health care professionals of Marquette General Hospital to share information about the tests you will have and to answer your questions about:

- urodynamic studies.
- the purpose of the studies.
- the preparations needed for these studies.

◆ WHAT ARE URODYNAMIC STUDIES?

✧ Urodynamic studies are a series of three tests used to find out how the lower urinary tract (the bladder, urethra, and sphincter) is functioning.

— **Bladder**-a round, sac-like muscle which holds urine.

— **Sphincter**-a ring-like muscle around the opening of the bladder that helps control the release of urine.

— **Urethra**-a tube from the bladder which drains to the outside of the body.

✧ Urodynamic studies are done to find the cause of urinary incontinence (the inability to control the release of urine), or urinary retention (the inability to empty the bladder).

— The three tests normally used are:

- **Uroflometry (flow study)**
- **Cystometrogram (CMG)**
- **Sphincter Electromyography (EMG)**

— You may have one, two, or all three of these tests done, depending on your problem.

◆ UROFLOWMETRY (FLOW STUDY)

✧ For this test you will be asked to urinate on a special commode that measures the amount of urine expelled and the length of time you take to empty your bladder. A nurse will then insert a catheter (small tube) into your bladder to determine if your bladder is empty or how much urine remains in your bladder.

✧ **Preparations**—you must have a full bladder for this test to be performed. You should drink six to eight (8 oz.) glasses of liquid one or two hours prior to testing. Do not urinate before the test.

◆ CYSTOMETROGRAM (CMG)

✧ This test measures how much your bladder can hold before it feels full or you have the urge to urinate. For this test you will need an empty bladder. A catheter will be inserted, through which your bladder will be filled with air or water. You will be asked to tell the nurse when you feel the urge to urinate. You then will be asked to urinate.

✧ **Preparations**—there is no special preparation for this test. However you must not have a bladder infection. If you feel you may have a bladder infection please discuss this with your doctor.