



Uroflowmetry Diagnostic Testing

Uroflowmetry, or uroflow, is a very simple urine flow study that measures how fast your urine flows, and how much you pass when comfortably full. The results will be useful for your clinical diagnosis and treatment.

Please make sure you come with a comfortably full bladder or we will not be able to perform the test which may result in a delay in your diagnosis or treatment.

How is this performed?

You will be seen by a Specialist Nurse in clinic who will explain to you exactly how we perform this test. You need to attend the appointment with a comfortably full bladder.

We will ask you to empty your bladder on our special commode in the clinic room. You will be left alone to do this in your own time. The Specialist Nurse will leave and wait outside the room until you have finished and washed your hands.

When you empty your bladder on the commode, there is a receiver underneath that sits on a measuring scale. When you empty your bladder it is able to measure the rate and pattern as well as total volume. This is all you need to do. It is really as simple as that but gives the Consultant leading your care and the Specialist Nurse information in helping diagnose the cause of your problems.

Sometimes a Consultant will also request a Post Void Residual test. All this entails is once you have emptied your bladder and informed the Specialist Nurse, we will ask you to lie on our couch so we can pop a small scanner on your tummy which will measure any urine that has not been emptied. We use some gel for this which may be a little cold.

Your urine will be tested with a simple dipstick for abnormalities or infection, this is called a urinalysis. If there are any readings that are not within the normal ranges we will explain this to you and send a sample to be tested. If there is an instant indication that you have a urinary tract infection (UTI) we will start you on oral antibiotics the same day. It will show blood if you are having a period but **please do not rearrange your appointment if you are on your period.**



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How long does the test take?

The actual test takes only a few minutes, but we allow a little longer to discuss anything that you may not understand and if you have been given a bladder diary to fill out we will need to discuss this also.

What if i can't make the appointment?

Please let us know as soon you are aware that you cannot attend, as your date can be offered to another patient.

Other Questions

Can I bring someone with me?

Yes of course you can, but you need to be sure that you are comfortable discussing your problems openly in front of them. You may also need to make sure that you are happy for all information to be shared with them as you may be asked some personal questions.

What if I don't have a full bladder or I can't go to the toilet?

We will use the bladder scanner to determine if you have sufficient urine in your bladder to pass. If your bladder is empty, we will try to allow you time to drink water and try at the end of the clinic or when you feel you need to empty your bladder. Please be aware we may not be able to do this so may need make another appointment for you.

Will I see a Consultant at this appointment?

No you won't. The information gathered and discussed is passed on to your consultant for when your next appointment with them is due. In the event you don't meet with the same Consultant this does not mean you are not getting the best available consultation. All our Consultants work together and have many years of experience working internationally. The Specialist Nurse will be able to answer most of your questions and will ensure your Consultant is aware of the outcome of the appointment. You will get a copy of this correspondence so you are aware of the information passed on.

If you have any further questions please call the Urogynaecology message service where you can leave a message 01793 605438.

If you have any questions about your appointment or need to change the date or time, please contact:

Booking Clerks Tel: 01793 604820
Women's Health Outpatients Tel: 01793 605252



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Arriving by car:

Car parking at the hospital is limited, as the Trust operates a Green Transport policy and we encourage staff and visitors to use alternatives to driving wherever possible. Parking charges are pay on exit and are barrier controlled. Please allow plenty of time for parking as this is a very busy hospital.

Disabled Parking:

There are spaces close to the hospital entrance.

Set down Area:

For patients with walking difficulty, you may stop in front of the entrance for 20 minutes. Ask at reception in the hall for use of a wheelchair if this helps.

Arriving by bus:

There are frequent services from the town centre and surrounding areas. For current bus times ring: (01793) 428428



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From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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