

PATIENT INFORMATION

Flow Rate Investigation

Urology

You have been booked for a flow rate test with a urology nurse. The following advice is intended to give you as much information as possible. Please allow up to 4hrs for this appointment. Your appointment will be as long as the time you need to fill your bladder and pass the adequate amount of urine. Please see below for further information.

HOW SHOULD I PREPARE FOR THE INVESTIGATION?

Enclosed below, you will find a 'Frequency and Volume Chart' to complete. This is a 3-day diary of what fluid you have drunk, at what time of day, when you have passed urine and the volume of urine passed. You will need a measuring jug or device to record the volumes of urine you pass. Ensure you are well hydrated the day before and the day of your investigation. A volume of 4-5pints of fluid is recommended per day.

On the day of the flow test you will need to fill your bladder with approximately 600mls of fluids and bring a drinking device (water bottle etc) with you for your appointment.

WHAT HAPPENS DURING THE INVESTIGATION?

On arrival at the clinic, you will be asked details about your symptoms and medications you may be taking. You will then be asked to sit in the waiting area.

When your bladder is comfortably full, you will be asked to pass water into a special machine in the manner that you normally pass urine at home by sitting or standing. This will take place privately in the clinic room. The machine will measure and time your urinary flow rate.

In order for the flow machine to gather the information you need to pass a minimum of 150mls of urine. If this is unsuccessful on the first attempt you will be required to re-fill your bladder and take the test again

After passing urine the nurse will scan your bladder with a hand-held scanner to see if it is empty.

FOR MORE INFORMATION

If you have any questions about the procedure or about the information in the leaflet please visit the below websites.

Bladder and Bowel Foundation www.bladderandbowelfoundation.org
Helpline: 0845 345 0165

British Association of Urological Surgeons www.baus.org.uk/patients

Contact details - Urology Nurses

] 01803 655009 option 5

✉ tsdft.urologynurses@nhs.net

www.torbayandsouthdevon.nhs.uk

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.