

**UROGYNAECOLOGY DEPARTMENT
UNIVERSITY HOSPITAL OF WALES**



UROFLOW STUDIES

What is Uroflow Study?

This is a test to measure how much urine your bladder can hold. It records the speed at which you pass urine and length of time it takes your bladder to empty. The test can help to diagnose problems with bladder emptying and see how your bladder muscle is working.

It is important that you try to attend this appointment with a comfortably full bladder. Please bring with you a sample of urine and your completed 3-day bladder diary.

What should I do before I attend my appointment?

You will need to drink around ½ litre of fluid just prior to your appointment. In hot weather when you may be more dehydrated it is advisable to try and increase the amount you drink prior to the test. If you have any difficulty holding your urine, you may attend the department earlier than requested to enable you to drink and fill your bladder. The nurse recording your test may ask you to drink more fluid until you feel ready to pass urine.

What happens during the test?

You will be asked to pass urine into a specially adapted toilet called a uroflow meter. This is performed in private.

When you have finished, the nurse will check that you have emptied your bladder by performing a bladder ultrasound scan. This is where some gel is placed on your lower abdomen and a small handheld probe is placed over the area to measure how much urine is left in your bladder. This is a painless procedure. You may be asked to refill your bladder to perform a second uroflow.

How long does this test take?

The test may take up to 1 hour.

What happens after the test has been performed?

A report of the recording of the uroflow you perform is printed out and the nurse will discuss the results of this test with you.

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