

**Patient
Information**

Urinary flow rates tests with ultrasound bladder scans

Introduction

This leaflet gives you information about having a urinary flow rate test with a bladder scan.

What is a urine flow rate test and ultrasound bladder scan?

A urine flow rate measures the rate and volume (amount) of urine which is passed into a specially designed toilet. You will not feel any pain when you have the test.

An ultrasound bladder scan measures the amount of urine stored in the bladder. It can be carried out before passing urine and/or after passing urine to check how well the bladder has emptied.

Why is it important to attend this clinic?

Your urologist or doctor has requested a urinary flow rate test so that they can get information about your urine flow and your bladder function. This information will help them to make a decision on the diagnosis and treatment of your symptoms.

Preparing for your flow rate appointment

A frequency/volume chart should be attached to your appointment letter. Please fill in this chart for 3 days.

You will be asked to record:

- The amount of fluid you drink in a day.
- What you drink, such as tea, coffee or water.
- How many times you pass urine in a day.
- The amount of urine you pass each time (we ask you to record this by using a measuring jug to measure the amount of urine you pass).
- If you have leaked urine into your clothes, by using the words wet or damp.

Reference No.

GHPI0680_09_20

Department

**Gloucestershire
Continence**

Review due

September 2023

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Remember to bring this chart with you to the appointment. It is important that you fill in this chart as truthfully as you can because it will give us information about how your bladder is working.

It will be helpful if you can come to clinic with a comfortably full bladder. Do not worry if you are unable to do this as you can start drinking fluids to fill up your bladder when you arrive. Water will be available in the clinic. If you urgently need to pass urine please tell the reception staff. They will contact the clinic nurse specialist who will show you to the specially adapted toilet.

How is the test carried out?

You will meet with a nurse specialist who will ask you some questions about your bladder symptoms and ask for the completed frequency/volume chart which was sent with your appointment letter. You will also be able to discuss any concerns or worries that you may have. The nurse will explain about the test and what will happen.

You will be shown to the specially adapted toilet and asked to pass urine. This will record your flow rate and the amount of urine passed will be measured.

After you have passed urine you will be asked to lie down on a couch and undo your clothing to show your stomach. A small amount of gel will be spread on your stomach before the nurse carries out a painless ultrasound scan on your bladder. This will measure if there is any urine left in your bladder. The scan will only take a few minutes.

How many times will I have to do this?

We ask for 2 or 3 separate flow rate tests because this will give a complete picture of your normal flow rate. You will need to drink enough fluids to fill your bladder 2 or 3 times.

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How long does the appointment take?

The time taken for the test will vary for each person but you should allow about 2 hours when planning your visit.

If you struggle to pass urine 2 or 3 times during the appointment we will review your situation.

Will other people be in the clinic?

The consultation will be carried out in a private clinic room and you will be alone when passing urine. There will be other people in clinic having urinary flow rate tests.

Results

Once the test has been completed, the results will be sent to the urologist or doctor who requested the test.

You may receive a letter explaining the results of your test. If not, the results will be discussed with you at your follow up appointment. This is normally no longer than 6 weeks after your test.

Contact information

If you are unable to attend or wish to change your appointment please contact the:

Gloucestershire Bladder and Bowel Health

Tel: 0300 422 5304

Alternatively you can contact the Continence Service via the Gloucestershire Hospitals Switchboard.

Gloucestershire Hospitals Switchboard

Tel: 0300 422 2222

When prompted ask for operator then for the Continence Service.

Content reviewed: September 2020