

Information about the Flow Rate test and Bladder Scan

What is a Flow rate test?

This test records the rate and the amount of urine that you pass. It is carried out to assess the changes that you have experienced in your usual flow of urine. To record the information you will be asked to pass urine into a special machine, within a private room.

Your bladder will need to feel quite full and you must feel that you really need to pass urine urgently to make sure that you can produce a flow that the machine can measure.

What is a Bladder Scan?

After your flow rate test it may be necessary to scan your abdomen to find out if your bladder is emptying completely or has retained some urine. This is a painless procedure. You will be asked to lie down on a couch and lift your upper clothing. A small amount of gel is then applied to your abdomen and an ultrasound scanner is used to obtain a picture of your bladder on a screen. Any urine left in the bladder is shown on the screen and the amount can then be calculated.

Are there any risks involved?

There are no side effects or pain with either of these tests and you can go back to normal activities immediately afterwards.

What do I need to do before I arrive for the tests?

You can eat as normal before the tests.

However your bladder needs to be as full as possible before the flow test. It would be helpful if you could have had several cups of non-fizzy liquid about (e.g. 1 ½ pints of water) an hour before you arrive for your appointment. If you cannot travel to the appointment on a full bladder, please arrive early for your appointment and drink water in the waiting room.

What happens when I arrive?

Please report to the reception desk at the Health Centre and tell the receptionist that you have arrived for the Community Urology Clinic. They will be expecting you and will ask you to sit where they can see you. They will inform the Community Urology Clinic staff of your arrival and a Nurse will come and speak to you.

The Nurse will ask you about how full your bladder is and how ready you are to pass urine. If you are not ready to pass urine you will be given water to drink and you will have to wait until your bladder is full enough to do the test.



How long will I be at the clinic?

It is not possible to say how long you may have to wait to do the test and to speak to the doctor; it will depend on when your bladder is full enough to perform a satisfactory flow test.

If you are unable to produce enough urine to be measured properly when you do the flow test, you may have to drink more liquids and wait until your bladder is full enough to repeat the test

If you experience bladder problems such as frequency or urgency it is understood that it may be difficult for you to travel with a full bladder, although arriving at the clinic with a full bladder will reduce your waiting time.

Please come prepared to wait, bringing a newspaper or book will help to pass the time.

What happens after the procedures?

After your flow rate test and scan the nurse or doctor will speak to you about the results and any treatment and further appointments that may be required. You will be given a copy of the report that will be sent to your Doctor.