

Having a urine flow test

Department of Urology

Information for Patients

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What is a urine flow test?

A urine flow test is a simple test to measure the rate at which you pee (pass urine), the amount you pass and how long you take to pee. You will also need to have an ultrasound scan of your bladder (bladder scan) before and after you pee as part of the test.

The test is used to check how your bladder and sphincter are working. It is to see if there is a blockage when you pee.

The bladder is part of the urinary tract. It stretches to store urine. The bladder squeezes urine through a tube (urethra) and out of the body. The sphincter muscle is a circular muscle. It closes tightly, like a rubber band, around the bladder opening. This helps keep urine from leaking.

In the flow test you will need to pee into a special device that electronically measures how much pee is passed and how quickly it is passed. You may need to do this test more than once so your clinic visit may take a few hours. This will depend on how quickly your bladder fills back up again after you have emptied it.

The ultrasound bladder scan will be on your lower abdomen to see if you have emptied your bladder fully. We will put gel on your lower abdomen and use a hand held device to move across the area. This will show how much pee is left in your bladder.

Why do I need this test?

You may have been referred for this test because you are having trouble peeing. This could be your urgency to pee, how often you pee or if your usual stream of urine flow has changed.

Many different reasons can cause a change to normal urine flow. This could be enlargement of the prostate gland in men, a urinary tract blockage or frequent urinary tract infections.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net



Some people may experience problems with urine flow after a surgery.

The results from the flow test and bladder scan will help your doctor/ nurse find the cause of your problem and decide on the most appropriate treatment or more tests for you. For example you may be referred for a urodynamics assessment to measure the pressure within your bladder if needed.

Some patients may need a urine flow test before starting specific treatment such as radiotherapy for other conditions.

What happens on the day of my appointment?

You should try to come to the clinic with your bladder comfortably full. **Please do not overfill and be uncomfortable.** When you arrive for your appointment please do not pass urine until you have spoken to the nurse who will assess if you are ready for the test.

If you find it difficult to hold your urine when your bladder is full, please let the staff as soon as you arrive. In this situation, you do not need to completely fill your bladder and risk leakage before you arrive. Staff can give you enough fluid to fill your bladder in the clinic.

There are no side effects from this test and you will be able to carry on as normal after the test.

The nurse or doctor may speak to you about the results before you leave or may write to you with the results. If you need a follow-up appointment with your doctor or referral for more tests, we will arrange this for you.

Contact details

If you have any questions or concerns about your test please contact the specialist nurse on **0116 258 4632** (Monday to Friday, 8.30am to 4.30pm)

More information

For more information about bladder problems:

- Bladder and Bowel Community Support Network: www.bladderandbowel.org
- The British Association of Urological Surgeons: www.baus.org.uk/patients

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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