

## Uroflowmetry

Information for Patients/Families



## **Uroflowmetry: (Patient Guide)**

### **What is Uroflowmetry?**

Uroflowmetry is a test performed to measure the volume and flow of urine during voiding (urination). This test can indicate problems in emptying the bladder (e.g. difficulty in urination) or under activity of the bladder muscle.

### **Why is this test performed?**

Uroflowmetry is a quick and noninvasive test that provides valuable information about the health of bladder. It is commonly performed to determine if there is an obstruction to normal urine flow.

### **How is Uroflowmetry performed?**

You will be asked to urinate into a collection jar equipped with a sensor at the bottom that automatically measures urine volume and flow rate (ml/sec). The time taken to pass urine is also recorded. The information is then converted into a graph along with certain calculated parameters and the report is handed over to patient /family. The physician determines if there is an obstruction in normal urine outflow or not with the help of this graphical report.

### **What are the potential risks and side effects?**

The test involves observation of normal emptying of the bladder so you will not experience any discomfort and there are no potential risks or side effects associated with the test.

### **What measures do I need to take before coming to the hospital?**

- A healthcare professional will explain the procedure of conducting the Uroflowmetry test to the patient.
- Generally, fasting or sedation is not required unless advised.
- The patient is instructed to come with a full bladder for test. You can drink few glasses (5-6 glasses) of water a couple of hours before the test is performed to ensure that your bladder is completely full.

### **Where will the procedure take place?**

The test will take place in a special toilet at Urology procedure suite located in Jena Bai Hussainali Sharif Building's second floor.

### **How will I feel afterwards?**

The test will not make you feel unwell; you will be able to carry on as normal. You may feel the need to pass urine a couple of times after the test depending upon the amount of water you drank before the test.

### **How long will I be in hospital?**

You will be with us for approximately 30-60 minutes and it also depends on individual's capacity to fill the bladder or feel urge for urination.

### **Will I have to come back to hospital?**

As a follow-up of your test results and analysis, you are advised to see your consultant.

### **References:**

<https://www.esht.nhs.uk/wp-content/uploads/2017/06/0459.pdf>


<https://medcraveonline.com/UNOAJ/UNOAJ-03-00104.pdf>



<https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/urine-flow-test>

<https://www.healthline.com/health/uflowmetry#process>

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January 2021