Urine flow rate clinic

Patient information

What is urine flow rate?
You have been asked to perform a urine flow rate test. This involves passing urine without straining into a container attached to a machine. This test is most accurate when the volume of urine you pass is over 150ml.

Why does urine flow rate need to be performed?
Your urologist consultant will have a look at volumetric flow rate of urine during passing urine. This is a measure of quantity of urine passed per second or per minute.

What is the purpose of this?
Your urologist consultant will look at the changes in the urine flow rate which can be indicative of kidney, prostate or other renal problem.

Why do I need a bladder scan after the urine flow rate?
Your doctor or continence nurse will attend an ultrasound to detect urinary retention.

What is urinary retention?
Is an inability to completely empty the bladder.

What do I need to do before my appointment?
You need to have a full bladder when you arrive for your appointment, without being uncomfortable.

What does full bladder mean?
This means a comfortable to a full bladder so when you arrive you can perform your test quickly and then go home. You may need to drink two to three glasses of water during this three to four hour period before the test.

How long does this take?
If you have a full bladder you may be here for a short period up to 10 to 20 minutes and then you can go home.

What happens if I cannot pass urine?
You will be asked to pass urine in a private room but if you do not have a full bladder, testing will be delayed. We will then ask you to wait outside and drink water and wait for your bladder to fill which can take much longer; up to three hours.

Where do I go?
The testing will be done in Outpatients POD C, please report to the reception desk. Level 1, Block 3 Nambour General Hospital.

What do I bring?
Please bring a bottle of water with you and your bladder diary and if you are a man your international prostate form.

Why do I need to complete a bladder diary?
Please complete bladder diary for three consecutive days because it can be helpful for your doctor or continence nurse. Your bladder diary is all about recording four important things

- input—how much you drink in a day
- output—how much urine your pass in a day
- leakage—how much leakage of urine in a day
- circumstances—where you were or what you were doing at the time of the leakage.

Please bring it with you on the day.

Why do I need to complete a International Prostate Symptom Score (I-PPS)?
Because it will be helpful for your doctor or continence nurse as there are seven specific questions concerning urinary symptoms/prostate and one question concerning quality of life.

Please bring it with you on the day.

If you have any concerns please call: 5470 6700