

Patient's Instructions

Uroflow & Urodynamics

The **Uroflow study** measures the flow and force of your urine system. This test is often performed on patients who have obstructions in normal flow of urine or problems in urination.

To perform the test properly, it is important that you arrive for your appointment with a normally full bladder and feel the normal urge to urinate. If you are asked to give a urine sample by the person who checks you in, tell them you are having an Uroflow test and will need to wait to give the sample to the technician. If you become extremely uncomfortable from the urge to empty your bladder before you are brought into an exam room, please inform the receptionist who will inform the technician.

You will be taken to a private restroom and will be instructed to urinate into a special toilet that is equipped to electronically measure the volume and flow of your urine. The goal is to have you urinate as you normally would. Forcing urination with a partially full bladder or waiting until your bladder is overfull, distended and uncomfortable can give inaccurate results on the Uroflow test.

The **Urodynamics study** measures how the bladder and urethra are performing their job of storing and releasing urine. This test is performed in conjunction with the Uroflow study.

This test will be performed following the Uroflow study. Thin tubes called catheters will be inserted into your bladder and your vagina. The catheter in your bladder will allow us to fill your bladder with saline and to measure the pressure inside. The catheter in your vagina will allow us to measure abdominal pressure. During this test you will be asked to cough and bear down (Valsalva maneuver). You will then be asked to urinate again into the special toilet.

There is no special preparation required for the test beyond arriving to clinic on time with a normally full bladder. The results of this test will help your physician determine the best treatment option for you.

You may resume your usual daily activities following the Uroflow and Urodynamics tests.