

Dear Sir

You have been referred to Urology by your General Practitioner. This appointment may take up to 45mins, sometimes longer.

You need assessment of your bladder/prostate problems. As part of the assessment we need to measure your **maximum urinary flow rate**.

What is a flow rate test?

As part of the assessment of your bladder problems, your doctor needs to measure how fast you pass urine (maximum urinary flow rate). This involves you passing your urine into a special device which measures electronically how fast your urine is expelled. You may need to do this test more than once. This depends on how quickly your bladder re-fills after you have emptied it.

We usually carry out this test just before you see your specialist nurse. They will then have the flow rate available so they can discuss the results of your other tests, bladder scan & completed questionnaires.

Should I prepare for the test?

You should try to come to the clinic with your bladder comfortably full. If there is less than 150 ml (a quarter of a pint) in your bladder, the results of the test may not be satisfactory.

If you find it difficult to hold on to your urine when your bladder is full, please inform the staff as soon as you arrive. In this situation, you do not need to over-fill your bladder and risk leakage before you arrive; the staff can provide you with enough fluid to fill your bladder in the clinic.

Please note: you may receive similar instructions about filling your bladder from the Ultrasound Scanning Department, before you have a scan of your urinary tract. Those instructions should be followed separately from these.

What happens if my bladder is full enough for the test?

If your bladder is not full enough, you may need to return at a later date to repeat the test. It is, therefore, important that your bladder is "comfortably full" by the time you are ready to do the flow rate test.

When you arrive for your test, please show this information leaflet to the receptionist or clinic nurse. They will arrange for the test to be done as soon as possible.

Blood Tests

During this appointment you may need to have blood tests carried out.

DRE

You may also require a Digital Rectal Examination (DRE)

Questionnaires

It is important that you complete the enclosed questionnaires as accurately as possible.

Regards

The Urology Clinical Nurse Specialists.