

## Urine Flow Investigation

### Department of Clinical Measurements

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#### What is a urine flow investigation?

It is a basic assessment of your bladder function which will give your consultant/GP information regarding the speed of your urine flow and how well you empty your bladder.

#### Why do I need this investigation?

To help determine the cause of your urinary symptoms and so enable your consultant/GP to plan appropriate treatment.

#### What are the potential risks of this investigation?

There are no significant risks associated with this investigation. Sometimes people greatly exceed the quantities of fluid they have been asked to drink during the clinic. Please do not do this as large amounts of water in a short space of time can make you feel nauseous. After the test you may find that you pass water more frequently for the rest of that day.

#### Important information for you prior to your visit

Please read your appointment letter carefully.

You have been asked to fill in a chart recording the amounts of urine you pass on one side and the amount you drink in an average day on the other. Please take time to do this, as it will help us to obtain a more accurate diagnosis. If you have any concerns about completing this chart, please telephone us for advice.

It is very helpful if you can arrive with a full bladder, having drunk well on day of your investigation. We understand that this may be difficult if you have a long journey to make.

Please allow at least 2 hours for the investigation to be completed.

#### What happens during the clinic?

A Clinical Physiologist and a nurse will conduct the investigation. Occasionally, but only with your permission, a trainee may be present.

Your nurse will greet you and ask how much you have had to drink on the day of your appointment and if you have any desire to pass urine. Depending on your answers you may be asked to drink some water. You will be shown through to the investigation room where an ultrasound scan of your bladder will be made to see how much urine is in the bladder. This simply involves placing a small amount of special gel on your tummy and uses a device that rests on your skin to obtain an image of your bladder. You may then be instructed to drink some more water but specific instructions will be given.

During the investigation you will be asked some questions about your bladder symptoms. Your answers will help us to produce a detailed report for your consultant/GP.

At the appropriate time you will then be asked to pass your urine in privacy, into a special meter that measures the flow rate and the volume of urine that you pass.

A further ultrasound scan will then be made to see how well your bladder has emptied.

You will be asked to pass your urine at least twice during your visit.

## What happens after the clinic?

The results of the investigation are always sent to the consultant or GP who referred you to us. They will then write to you or arrange for you to be seen in clinic to explain the findings of the investigation and advise you of any further treatment.

You may find that you pass urine a little more frequently for the next 24 hours because we have asked you to drink more than you are accustomed to.

## Any further questions?

If you have any further questions about the tests, or wish to speak to either our healthcare scientist or nurses regarding your appointment, please telephone:

**The Department of Clinical Measurements**  
**(01392) 402142 or (01392) 402144**

**These investigations are time consuming and costly and therefore, if for any reason you are unable to attend, please inform us on the telephone number above so we may offer your appointment to someone else, and rearrange it for you.**

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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