

## **UROFLOW TEST**

Your doctor has asked you to perform a Uroflow test. This is a speed measurement test of your urination. It is a simple screening test to determine whether you urinate normally and with a normal speed (compared to population normals). The following are some helpful hints:

1. If your doctor asks you to keep a "bladder diary," then bring this with you to the uroflow appointment.
2. Come with your bladder comfortably full. The test is most accurate when you feel a strong urge to urinate. The speed of urination (uroflow) is many times related to the volume of urine in your bladder.
3. You do not need to give a urine specimen (for urinalysis) at this visit. This is, of course, unless you have urinary symptoms suggestive of infection such as changes in frequency or urgency, fever, blood in the urine, or some baseline change in your daily urinary habits.
4. Try to urinate as normally as possible. "Do whatever you normally do" to get your bladder to empty.
5. When you arrive at the office, let the appointment clerk know that you are here for a uroflow, test.

If you have any further questions, notify us at 244-0161 or discuss it with Laurie, Dr. Bruce's nurse (extension 40).