

## FLOW TEST AND BLADDER SCAN

The Flow test and bladder scan is a non-invasive, painless, simple test to assess the flow of your urine stream. The test involves passing urine into a Flow Meter machine. The Flow meter then analyses the data and gives the medical personnel an accurate measurement of the strength of flow, volume of flow and the duration of flow.

Following the test an ultra sound of your bladder is taken to find if there is a residual amount of urine left in your bladder after you have past urine.

- **Why have a Flow Test & bladder scan?**

A Flow Test and Bladder scan is a diagnostic test performed as part of several investigations patients are required to complete in order for the consultant to gain an overall picture of your urinary complaint. The test will show if there is a problem with the emptying of your bladder.

The test is often repeated as a post-operative investigation and for an annual check-up. The results are then used as a comparison to give the medical team history of data of your condition.



Flow meter and bladder scanner

- **How is it done?**

You are invited to attend the clinic for an appointment with the Nurse for this non-invasive investigation.

Prior to your appointment it is important to fill your bladder to a comfortable capacity as the test is most accurate when you have a strong desire to pass urine.

When you feel the need to pass urine you will be asked to empty your bladder into the flow meter. This is a funnel attached to a piece of equipment that is able to measure the flow rate of the of your urine stream. The nurse will leave the room while you pass urine.

You will need to repeat the investigation again once your bladder has refilled. Waiting for your bladder to fill up again can take 1-2 hours, during which time you should drink plenty of fluids. You may either leave the clinic and return once your bladder is full, or you are welcome to stay at the clinic during this period. There is a quiet reception area for you to wait with self-serve beverage facilities available. It is not possible to say accurately how long the entire procedure will take as each person will take a different amount of time to get a full bladder.

Following each flow test an ultrasound scan of your bladder will be carried out. This again is a non-invasive painless test where you will be asked to lie down while a hand held scanner is passed over your abdomen above your bladder to ascertain the residual urine left in your bladder after you pass urine. During the time of the investigations the nurse will talk to you and explain what is happening.

- **What happens afterwards?**

Following your investigations with the nurse you may have an appointment with the urological consultant to discuss the findings. The nurses will advise you of this at the time of the tests.

The investigations should leave you with no side effects as they are entirely non-invasive. However if you do feel unwell or find it difficult to pass urine as a result of this investigation **you should consult your doctor immediately.**

A copy of the tests is sent to your GP with a letter explaining the plan of medical care required.