



Flow Rate

When you visit for your urology appointment we would like you to do a flow rate test

You need to attend with a reasonably full bladder, **so that you have a definite feeling that you need to pass water.**

- You will need to drink extra fluid before attending.
- We suggest you have 3 glasses of water approximately 1 hour prior to your appointment.

If this is difficult for you, you are welcome to arrive earlier than your appointment time and have this fluid in the outpatient department.

All that you need to do is pass your water (urinate) into a special machine. You are able to do this in private.

The information provided assists the health professional in assessing and diagnosing any problem with the urinary stream.

A flow rate shows

- how much urine the bladder held
- the strength of the flow
- how long it took you to pass your water

Please inform the receptionist or nurse as soon as you are ready to do the flow rate.

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This information is correct at date of issue. Always check in the relevant Waitemata DHB policy manual that this copy is the most recent version.