

Flow Rate

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

Please arrive **earlier than your booked clinic appointment** to ensure this test is completed before seeing your Doctor or Nurse Specialist.

How do I prepare for this test?

You need to attend with a reasonably full bladder, **with a definite feeling of wanting to go to the toilet to pass water.**

You should drink extra fluid before attending clinic. If this is difficult for you, come an hour before your appointment is due and drink the fluid in the Outpatient Department.

- We suggest you have 3 glasses of water approximately 1 hour prior to your appointment.

What does the test involve?

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

What is this test for?

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.