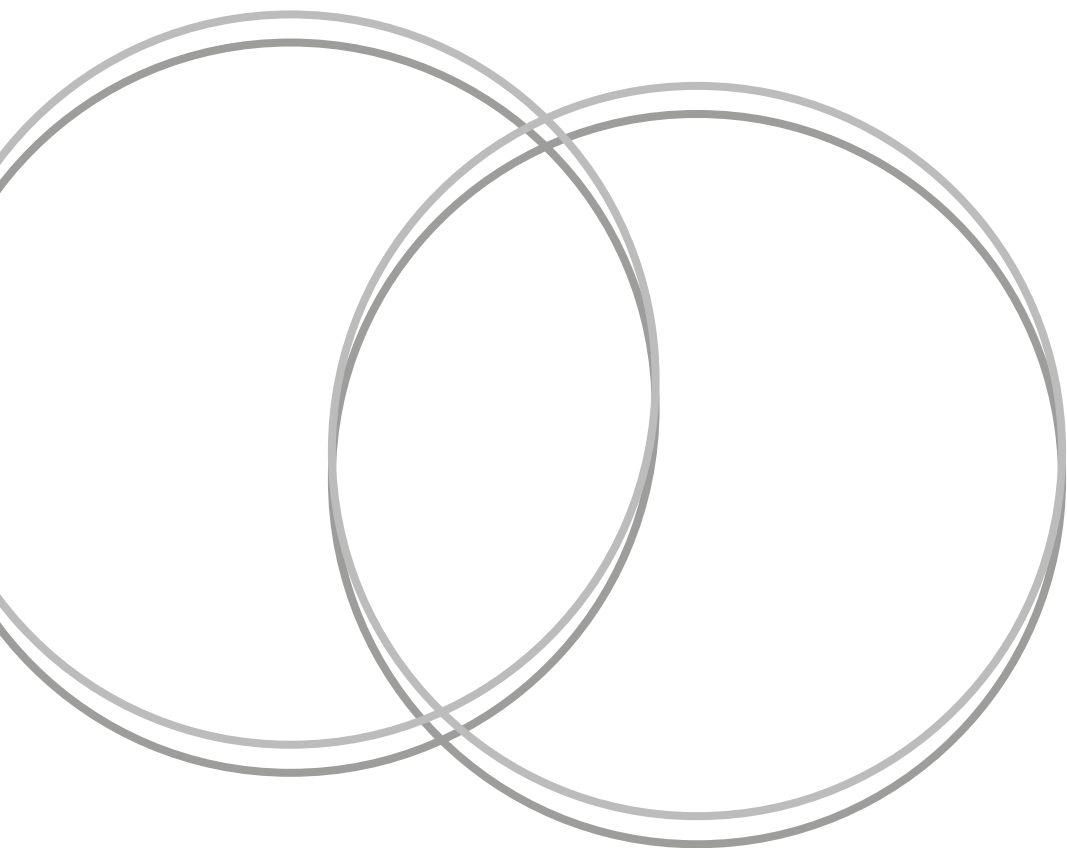


Urine Free Flows and Bladder Scanning

Information for patients



**Department of Urogynaecology,
Women's Centre John Radcliffe Hospital, Oxford,
Horton General Hospital, Banbury**

An appointment has been made for you to see a Urogynaecology Specialist Nurse in the Gynaecology Outpatients Department of the Women's Centre at the John Radcliffe Hospital or the Women's Day Ward and Diagnostic Unit at the Horton General Hospital in Banbury.

The purpose of this appointment is to gather information about your bladder and check whether you empty your bladder when urinating.

What is a urine free flow rate test?

You will be asked to pass urine on a special toilet, which measures how much urine you pass and how quickly the urine flows. It is just like urinating into a normal toilet. There are no side effects.

What is a bladder scan?

A bladder scan shows whether or not you have emptied your bladder after you have passed urine. It is not an internal examination. The scan is carried out using a plastic probe which slides over the skin on the lower part of your tummy with the help of a gel-like liquid. It is a painless procedure and there are no side effects.

What happens during the appointment?

We would like you to come to your appointment with a comfortably full bladder, so that we can start right away. Arriving at the department with a full bladder will reduce your waiting time. However, we do understand that this may not always be possible or you may find filling your bladder difficult, particularly if you experience problems such as frequency or urgency of passing urine.

When your bladder is full, you will be taken into the test room and asked to sit on the special toilet. There is a funnel attached to the bowl, which measures the rate of your flow. You will be left to pass urine in private and will need to tell us when you have finished.

What happens next?

After the flow rate test, you will be asked to lie down while we scan your bladder to see how much urine is left behind.

The volume of urine you have passed, the flow rate and the bladder scan results will give us information about any difficulties you have passing urine.

How many times will I have to do this?

Sometimes the flow rate test and bladder scan need to be carried out more than once. This will mean you have to drink more fluids, so your bladder fills up again.

You may wish to bring a book or something to do whilst you are waiting in the clinic for this to happen.

How long does it all take?

It is not possible to say how long the test and scan will take, as everyone takes a different amount of time to get a full bladder. We would expect you to stay with us for up to 2 hours.

Preparation

To carry out the urine flow test, we need you to drink about 1 litre (2½ pints) of fluid before coming for your appointment. We would like you to have a comfortably full bladder.

If you have a long journey to get to the hospital, or are travelling by bus, you may wish to have your drinks when you arrive, but it would be helpful if you could have 2 to 3 cups of fluid before you leave home.

What happens when I arrive at the hospital?

When you arrive, please report to the main Gynaecology reception desk, if you are coming to the Gynaecology Outpatient department at the Women's Centre at the John Radcliffe Hospital. If you are going to the Horton General Hospital Women's Day Ward and Diagnostic Unit, please report to the nurses/reception desk as detailed in your appointment letter.

The receptionist will check you in and verify that your details held on our computer system are correct and up to date.

You will then be asked to sit in the waiting area until you are called in.

We will ask you if you have a comfortably full bladder. If you do, we can begin straight away, otherwise you will be asked to return to the waiting area to drink more, to make sure your bladder is full.

What will happen when the test and scan is completed?

When the flow test and scan has finished, the Specialist Nurse will discuss your test results with you. These results will help us to make decisions about any further investigations, treatment or surgery you may need. We will talk about the next steps with you before you leave the clinic.

How to contact us

If you have any questions about the urine free flow test, bladder scan or your appointment, please contact the Urogynaecology Specialist Nurses.

Telephone: 01865 222 767

An answerphone is available for you to leave a message. We will aim to return your call by the end of the next working day.

It is important to let us know if you need to change or cancel your appointment. We will then be able to offer another patient your appointment slot. Let us know by calling us on the number above so that another appointment can be arranged for you.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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