

# Urine free flows and bladder scanning

A guide for patients



An appointment has been arranged for you at the gynaecology outpatients department at the Women's Centre to see Urogynaecology Nurse Specialists Beverly White or Tiana Howard

On: Wednesday .....

At: .....

The purpose of this appointment is to obtain information about your bladder and check whether you empty your bladder properly. We use a bladder scanner to check that you are emptying properly.

### What is a urine free flow rate test?

You will pass urine on a special toilet and it will measure the rate at which the urine flows. It is a simple, painless procedure. 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. This is not an internal examination. It is done by using a plastic probe. The probe slides over the lower part of your tummy with the help of a jelly-like liquid. It is a painless procedure. There are no side effects.

### What happens when my bladder is full?

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

- Once your bladder is full, you will go into the test room and sit on the special toilet where you will pass urine. There is a funnel attached to the bowl that will measure the flow rate. We will allow you to pass urine in private.
- You tell us when you have finished.

## What happens next?

You will then lie down while we scan your bladder to see how much urine is left behind. This information; the volume of urine you passed, the flow rate and the bladder scan results will inform us of any difficulties you have passing urine.

## How many times will I have to do this?

Sometimes the test needs to be carried out more than once. This will mean that you will have to drink more fluids so that your bladder fills up again. You may wish to bring a book or something to do whilst you are in the clinic.

## How long does this test take?

It is not possible to say how long the test will take as each person will take a different amount of time to get a full bladder. We would expect you to stay with us for most of the morning clinic.

## Preparation

- To enable us to carry out the urine flow test, we need you to drink about 1 litre (2 ½ 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 you are travelling by bus, you may wish to have your drinks when you arrive, but it would be helpful if you could have 2-3 cups of tea or other fluids before you leave home.

## What happens at the Hospital?

- When you arrive you will need to report to the main gynaecology reception desk as indicated on your appointment letter.
- The receptionist will check you in and check your details held on our computer system are correct.
- You will then take a seat in the waiting area until one of us will call you.
- We will ask you if you have a full bladder. If you do we can begin straight away, otherwise you will be asked to drink more while you wait to make sure your bladder is full.

## What will happen once my test is completed?

Once the test is finished, you will be asked to take a seat in the waiting area. The results will be discussed with you as well as a senior doctor. These results will help us to make decisions about any further investigations, treatment or surgery you may need. We will then discuss these decisions with you before you leave the clinic.

## Concerns and Queries

If you have any question regarding this test please contact the Urogynaecology Nurse Specialists Beverly White or Tiana Howard on **01865 222767**.

Please also let us know if this appointment needs to be cancelled so we can rearrange it at a convenient time for both of us.

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@ouh.nhs.uk**

Tiana Howard Urogynaecology Nurse Specialist

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