

Flow and Residual Urine Test

Introduction

A flow and residual urine test is an examination of the way you urinate. The results provide information about the functioning of the bladder.

During this test the following is measured:

- the strength of the stream
- how long it takes until all urine has been passed
- the amount of urine
- the pattern of the flow (evenly or with interruptions)

It is important to have a full bladder for the test. A correct measurement cannot be done with a half-full bladder.

Preparation

Ensure that you have a full bladder when you come to the outpatient clinic. The bladder must **not be overfull**.

This means that you first urinate at home and start drinking. Then hold the urine in until you report to the Urology Outpatient Clinic.

Take the following into account:

what you drink takes about 1½ hours to become urine in the bladder

At the outpatient clinic, you wait until you would **normally** go to the toilet.

Flow test

For this, you urinate on a special toilet (a chair with a funnel underneath). You must urinate into the funnel which is connected to a computer that does the

measurements. Men can use the toilet both sitting and standing.

It is important that you urinate as you normally do, try to relax when you urinate. The test works best when you have a normal to strong urge to urinate.

Residual urine measurement

After the flow test, the amount of urine that remains in the bladder after urination is measured using an external ultrasound.

The results

After the flow and residual urine test, you may take a seat in the waiting room. Then you will see a urologist and discuss the results of this examination.

Questions and cancellations

If you have any further questions you can call the Outpatient Urology Clinic on 020 - 755 7038 on weekdays between 8.00 and 16.30.

Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via voorlichting@zha.nl.