

## **Uroflow**

A Uroflow measures the flow and force of your urine stream and is often performed in patients who have obstruction in normal flow of urine or problems with urination. You will be instructed to urinate into a special toilet that is equipped to electronically measure the volume and flow of your urine. The goal is to have you urinate as you normally would. Forcing urination with a partially full bladder or waiting until your bladder is overfull, distended, and uncomfortable can give inaccurate results on the uroflow test.

**Please note:** It is important that you arrive for your appointment with a normally full bladder and feel the normal urge to urinate. If you become extremely uncomfortable from the urge to empty your bladder before you are brought into an exam room, please inform the receptionist who will inform one of the nurses who will assist you.

There is no special preparation required for the test beyond arriving to clinic with a normally full bladder. This test does not cause any pain or discomfort, and you may resume your usual daily activities immediately following your visit. The results of this test will help your Urologist determine the best treatment option for you.